May 2021 Client Menu

By Friday, April 16th: Please circle your meal choice for May 5th & return menu to your driver. The default is Choice 1.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/3</td>
<td>5/4</td>
<td>5/5</td>
<td>5/6</td>
<td>5/7</td>
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<tr>
<td>Chicken Fried Steak with Mushroom Sauce Roasted Butternut Squash Broccoli Multigrain Bread Apple</td>
<td>Asian Style Stew Beef Pearl Barley Asian Blend Veggies Wheat Bread Orange</td>
<td>Choice 1-Roast Turkey with Gravy Choice 2- Fish Stew Potatoes Lima beans Corn bread Applesauce</td>
<td>Grilled Chicken with Peach Salsa Fresh Roasted Sweet Potatoes Cauliflower &amp; Green Beans Whole Wheat Dinner Roll Pineapple Tidbits</td>
<td>Lentil Stew with Potatoes Spinach &amp; Onions Wheat Bread Sugar Cookie</td>
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<td>5/10</td>
<td>5/11</td>
<td>5/12</td>
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<td>5/17</td>
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<td>5/19</td>
<td>5/20</td>
<td>5/21</td>
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<tr>
<td>Meatloaf with Roasted Onion Gravy Egg Noodles Fiesta Blend Veggies Oatmeal Bread Apple</td>
<td>Cheese Lasagna Roll Up with Chicken Meatball Green Beans &amp; Cauliflower French Roll Raisins</td>
<td>Chicken Marsala Roasted Potatoes Peas &amp; Onions Wheat Bread Orange</td>
<td>Roasted Pork Loin with Sherry-Apple Gravy Mashed Sweet Potato Broccoli with Red Peppers Multigrain Bread Fig Newton</td>
<td>Cold Meal - Do Not Heat Middle Eastern Vegetable Plate Carrot Raisin Salad Pita Bread Pineapple Tidbits</td>
</tr>
<tr>
<td>Turkey with Gravy Stuffing Sweet Potato Green Beans Wheat Bread Apple</td>
<td>Meatballs over Penne Pasta Jardinière Style Veggies Multigrain Bread Graham Crackers</td>
<td>Country Fried Steak with Mushroom Gravy Baked Potato Carrot Coins Oatmeal Bread Orange</td>
<td>Greek Chicken Fresh Roasted Sweet Potato Collard Greens &amp; Onions Wheat Bread Fig newton</td>
<td>White Bean Chili Over Rice Vegetable Mix Warm Cinnamon Peaches Corn Bread</td>
</tr>
</tbody>
</table>

Frozen Holiday Meal Delivered For Monday, May 31st
MyPlate Crossword Puzzle

Use the words from MyPlate to help you complete this puzzle.

Across
1. Use the My _______ as a guide.
2. Apples, oranges, and bananas fit into this food group.
3. This sweet, smooth fruit comes in many different flavors and is a great way to get calcium for your bones.
4. These are a great source of protein and can be mixed with cereal and dried fruit for an "on-the-go" snack.
5. Pinto, kidney, black, refried – there are lots of different kinds and they can be eaten lots of different ways.
6. Vegetable or olive _______ are often used for cooking and are part of a healthful diet.
7. This makes a quick and easy "ready-to-eat" breakfast with fruit and milk.
8. You can hard-boil, scramble, fry, or poach these, or eat them as an omelet. How do you like your _______ ?
9. Salmon and trout are examples of _______.
10. _______ is an excellent source of protein, iron, and zinc.

Down
1. Chicken and turkey are examples of _______.
2. Eat a variety of _______ from all of the groups.
3. Broccoli and green beans are examples of a _______.
4. Use this My _______ to help you eat a variety of foods for a healthy body.
5. Spaghetti is a type of _______.

Adapted from
Team Up At Home: Team Nutrition Activity Book

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NASHUA - SENIOR ACTIVITY CENTER
COORDINATOR: JESSICA PHONE: 882-2106
GREENVILLE-RONALD A. PHILBRICK HOUSING
COORDINATOR: MARY PHONE: 878-3109
GOFFSTOWN - THE MEETING HOUSE
COORDINATOR: DANA PHONE: 497-4633

MANCHESTER - CARPENTER CENTER
COORDINATOR: FRANK PHONE: 669-1699
MERRIMACK - JOHN O’LEY ADULT CENTER
COORDINATOR: PATTY PHONE: 424-2100
HILLSBOROUGH - SMITH MEMORIAL CHURCH
COORDINATOR: CHUCKIE PHONE: 546-7993

MILFORD - SHARE OUTREACH
COORDINATOR: JILL PHONE: 673-4094

REQUESTED DONATION PER MEAL $2.00

FRIENDLY REMINDER: If you will not be home to receive your meal please call your Site Coordinator with as much notice as possible.