

GLSS MAY 2012

Monday	Tuesday	Wednesday	Thursday	Friday
4/30 Tyson chicken/bruschetta sauce	1 Roast pork/gravy Oven roasted potato Stewed tomatoes Muffin Chilled mixed fruit ALT:Chicken Florentine Oven roasted potatoes Stewed tomatoes	2 Rib-b-que/BBQ sauce Corn pudding Carrots Homemade white bread HDM: White bread Fresh fruit ALT:Haitian turkey Corn pudding Carrots	3 Potato chowder/crax Meatball Calzone/sauce Tossed salad/dr. HDM: Garlic whipped potato Chilled peaches ALT:Soup,chicken tenders,sweet & sour sauce Tossed salad/dr. HDM:Garlic whipped potato	4 Chicken stir fry Steamed rice Stir fry veg. Pumpnickel bread Jello DB: Diet jello Alt: Spanish beef,yellow rice Stir fry veg.
7 Turkey kielbasa/roll/mustard Peppers & onions Homefries/ketchup Chilled applesauce Alt: Omelette/cheese sauce Peppers & onions Homefries Ketchup	8 Lasagna/meat sauce Green beans/red pepper Oat roll Pudding/topping DB: Diet pudding ALT: Mushroom quiche,whipped potato Green & golden beans	9 Potato crunch fish/sauce Lyonnaise potatoes Fiesta veg. HDM: White bread Homemade White Bread Chilled pears ALT:Salisbury steak/gravy Lyonnaise potatoes Fiesta veg.	10 MOTHER'S DAY SPECIAL Broccoli stuffed chicken/supreme sauce Baked potato/sour cream HDM: Red bliss potato Vegetable medley Snowflake dinner roll Raspberry cookie	11 Garden veg. soup/crax Egg salad/WW bulkie roll Potato salad(skin on) HDM: Tomato cucumber salad Fresh fruit ALT: Soup,turkey salad WW bulkie roll Potato salad(skin on) HDM: Tomato cucumber salad
14 Macaroni & cheese Spinach Garlic roll Chilled peaches ALT:Beef strip steak/gravy whipped potato spinach	15 Chicken leg quarter/honey mustard sauce Cheddar whipped potato Italian blend veg. Muffin Jello DB: Diet jello Alt:Spanish shepherd's pie Italian blend veg.	16 Stuffed pepper/sauce Diced buttered potatoes Butternut squash HM white bread HDM: White bread Chilled prunes ALT: Chicken marsala Diced buttered potatoes Butternut squash	17 Italian wedding soup/crax Shaved roast beef/rye bread/mustard Tossed salad/dr. HDM: Orzo veg salad Fresh fruit ALT: Soup,seafood salad Rye bread Mustard Tossed salad/dr. HDM: Orzo veg. salad	18 Roast turkey/gravy Sweet potato Peas & mushrooms WW bread Birthday cake/topping DB: Plain cake Alt: Liver & onions/gravy Sweet potatoes Peas & mushrooms

<p style="text-align: center;">21</p> <p>Meatballs/sweet & sour sauce Lomein noodles Roman blend veg. Oatmeal bread Brownie</p> <p>ALT:Veg. quiche,whipped potato Roman blend veg.</p>	<p style="text-align: center;">22</p> <p>Seafood cake/sweet red pepper sauce O'brien potatoes Carrots Muffin Chilled pears</p> <p>Alt: Salisbury steak/gravy O'Brien potatoes Carrots</p>	<p style="text-align: center;">23</p> <p>Boneless chicken/cranberry glaze Whipped potatoes Scandinavian blend veg. Homemade White Bread HDM: White bread Pudding DB: Diet pudding</p> <p>Alt: Ravioli/meatsauce Scandinavian blend veg.</p>	<p style="text-align: center;">24</p> <p>Veal cacciatore Steamed rice Italian green beans Multigrain bread Chilled pineapple</p> <p>ALT: Tangerine Chicken Steamed rice Italian blend veg.</p>	<p style="text-align: center;">25</p> <p>Hamburger/roll/ketchup Cheese slice/lettuce/tomato Potato salad(cold pack) Corn Watermelon</p> <p>Alt: Grilled chicken sandwich(hot) Lettuce/tomato Potato salad(cold pack) Corn</p>
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<p style="text-align: center;">28</p> <p style="text-align: center;">HOLIDAY</p>	<p style="text-align: center;">29</p> <p>Tyson chicken/tarragon sauce Brown rice pilaf Green & golden beans</p> <p>Rye bread Mandarin oranges</p> <p>ALT: Dominican beef stew Green & golden beans</p>	<p style="text-align: center;">30</p> <p>Meatloaf/onion gravy Cheddar whipped potato Tuscany veg. HM white bread HDM: White bread Jello DB: Diet jello</p> <p>ALT: Chicken paprika Cheddar whipped potato Tuscany veg.</p>	<p style="text-align: center;">31</p> <p>Cream of broccoli soup/crax Sliced turkey/mayo/WW pita Tossed salad/dr. HDM: Pasta veg. salad Fresh fruit</p> <p>ALT: Soup,seafood salad WW pita bread Tossed salad/dr. HDM: Pasta veg. salad</p>	
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