



Winchester Jenks Senior Center Menu May 2017

| MONDAY | WEDNESDAY | FRIDAY |
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| 1. American Chop Suey Asparagus Cookies | 3. Pizza Caesar Salad Cantaloupe | 5. Baked Chicken(3oz) Ziti and Broccoli with Cheese Sauce Caesar Salad Strawberries |
| 8. Minestrone Soup with Crackers Cold Sliced Meats Swiss Cheese Sandwich Rolls Honeydew Melon | 10. Chicken Teriyaki Brown Rice Broccoli Whoopi Pie | 12. Roast Pork with Gravy Mashed Potatoes Corn Applesauce |
| 15. BBQ Chicken String beans Coleslaw Jello with Fruit | 17. Shepard Pie with Mashed Potato, Peas, Corn Pineapple | 19. Macaroni and Cheese Spinach Stewed Tomatoes Brownie |
| 21. Salisbury Steak Broccoli Mashed Potatoes Cupcakes | 23. Chicken Noodle Soup with Crackers Green Salad Whole Wheat Dinner Roll Mandarin Oranges | 25. Roast Turkey Low Sodium Gravy Sweet Potato Mixed Vegetables Honeydew Melon |
| 29. Holiday - No Meals Served  | 31. Baked Chicken (3oz) Low Sodium Gravy Roasted Red Potato Spinach Cookies | |

Funded by Minuteman Senior Services and are prepared in the kitchen of Joseph's Catering.
 All meals are served with milk and 100% whole grain bread, unless specified

Please call 781-221-7098 to make your reservation. Seating is limited.
 Reservations must be made by 10 AM the day before you would like to join us.
Meals subject to change without notice - \$3 donation requested
We look forward to having you join us!