




































## SALERNO'S CONGREGATE MENU FOR AGING CARE CONNECTIONS - MAY 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
APRIL 29 - ALTERNATE MEAL	APRIL 30	MAY 1	MAY 2	MAY 3
ITALIAN BEEF OR ITALIAN SAUSAGE W/ GREEN PEPPERS ON A HARD ROLL - 3OZ. - MILK - 8OZ ROASTED POTATOE - 1/2C SALAD W/TOMATOES - 1C PEACHES W/COTTAGE CHEESE - 1/2C	CHICKEN VESUVIO - 3 OZ. VESUVIO POTATOES - 1/2C BROCCOLI - 1/2C CHICKEN RICE SOUP - 3/4C GARLIC BREAD - 4 OZ. FRUIT - 1/2C MILK - 8OZ.	BREADED PORK TENDERLOIN - 3 OZ. MASHED POTATOES W/GRAVY - 1/2C CABBAGE - 1/2C SALAD W/TOMATOES - 1C RYE BREAD - 2 SLS. APPLESAUCE - 1/2C MILK - 8 OZ.	BEEF TACOS ON WW TORTILLAS W/LETTUCE, TOMATOES, CHEESE, ONIONS, SOUR CREAM, SALSA - 3 OZ. SPANISH RICE - 1/2C REFRIED BEANS - 1/2C FRUIT - 1/2C MILK - 8 OZ.	COD FISH - 3 OZ. MAC AND CHEESE - 1/2C GREEN BEANS - 1/2C CREAM OF SPINACH SOUP - 3/4CC FRENCH BREAD - 1 SL. FRUIT - 1/2C MILK - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY 6	MAY 7	MAY 8	MAY 9 - MOTHER'S DAY CELEBRATION	MAY 10
STUFFED GREEN PEPPER W/TOMATO SAUCE - 3 OZ. BUTTERED NOODLES - 1/2C TORTELLINI SOUP - 3/4C FRENCH BREAD - 1 SL. FRUIT - 1/2C MILK - 8 OZ.	TERIYAKI CHICKEN - 3 OZ. BROWN RICE - 1/2C BROCCOLI - 1/2C SALAD W/TOMATOES - 1C FRENCH BREAD - 1 SL. FRUIT - 1/2C MILK - 8 OZ.	OPEN FACE HOT TURKEY SANDWICH ON WW BREAD - 3 OZ. MASHED POTATOES W/GRAVY - 1/2C GREEN PEAS - 1/2C FRUIT - 1/2C MILK - 8 OZ.	CHICKEN LEG QUARTER - 3 OZ. BKD POTATO - 4 OZ. FRENCH BD - 2 SLS. MIXED VEGETABLES - 1/2C BEEF NOODLE SOUP - 3/4C COTTAGE CHEESE W/PEACHES - 1/2C FRUIT - 1/2C MILK - 8 OZ.	STUFFED CABBAGE ROLL - 3 OZ. ROASTED POTATOES - 1/2C CARROTS - 1/2C GARLIC BR - 2 OZ. CHICKEN ROSA MARINA SOUP - 3/4C PICKLED BEETS - 1/2C FRUIT - 1/2C MILK - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY 13	MAY 14 - ALTERNATE MEAL	MAY 15	MAY 16	MAY 17
ORANGE CHICKEN - 3 OZ. BROWN RICE - 1/2C BROCCOLI AND CAULIFLOWER - 1/2C SALAD W/TOMATOES - 1C FRENCH BREAD - 1 SL. FRUIT - 1/2C MILK - 8 OZ.	EXTRA THIN CRUST CHEESE PIZZA OR EXTRA THIN CRUST PIZZA W/CHEESE, SAUSAGE, ONION, MUSHES, GR PEPPERS - 2 OZ. EACH INGREDIENT SALAD W/TOMATOES - 1C SPLIT PEA SOUP - 3/4C FRUIT - 1/2C MILK - 8 OZ.	MEAT LOAF - 3 OZ. MASHED POTATOES W/GRAVY GREEN PEAS - 1/2C CREAM OF MUSHROOM SOUP - 3/4C FRENCH BREAD - 2SLS. FRUIT - 1/2C MILK - 8 OZ.	LASAGNA W/MEAT - 3 OZ. SPINACH - 1/2C SALAD W/TOMATOES - 1C GARLIC BREAD - 2 OZ. COTTAGE CHEESE W/PEACHES - 1/2C MILK - 8 OZ.	JULIENNE SALAD W/HAM, CHEESE, TURKEY, TOMATOES - 2 OZ. EACH VEGETABLE SOUP - 3/4C GARLIC BREAD - 2 OZ. GRAHAM CRACKERS - 2 FRUIT - 1/2C MILK - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY 20	MAY 21	MAY 22	MAY 23 - MEMORIAL DAY CELEBRATION	MAY 24
CHICK PICANTE W/EX SAUCE - 3 OZ. ANGEL HAIR PASTA - 1/2C- CUT & BUTTERED GREEN BEANS - 1/2C NAVY BEAN SOUP W/PORK - 3/4C GARLIC BREAD - 2OZ. FRUIT - 1/2C MILK - 8 OZ.	ITALIAN GOULASH - 1C CORN - 1/2C SALAD W/TOMATOES - 1C FRENCH BREAD - 1SL. FRUIT - 1/2C MILK - 8 OZ.	TILAPIA - 3 OZ. MAC AND CHEESE - 1/2C BROCCOLI - 1/2C CREAM OF POTATO SOUP - 3/4C WHEAT BREAD - 1 SL. FRUIT - 1/2C MILK - 8 OZ.	SWEDISH MEATBALLS - 3 OZ. FETTUCINE IN VODKA SAUCE - 1/2C SALAD W/TOMATOES - 1C CREAM OF CELERY SOUP - 3/4C FR BREAD - 1SL. FRUIT - 1/2C PEAS & CARROTS - 1/2C MILK - 8 OZ.	CHICKEN MARSALA - 3 OZ. BUTTERED NOODLES - 1/2C ZUCHINNI - 1/2C SALAD W/TOMATOES - 1C GARLIC BREAD - 2 OZ. FRUIT - 1/2C MILK - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY 27	MAY 28	MAY 29 - ALTERNATE MEAL	MAY 30 - TASTE OF SALERNO'S	MAY 31
 <p style="text-align: center;"><b>CLOSED - MEMORIAL DAY</b></p>	HAMBURGER ON A BUN - 3 OZ. CHILI - 3/4C POTATO SALAD - 1/2C COLE SLAW - 1/2C FRUIT - 1/2C MILK - 8 OZ.	ITALIAN BEEF OR ITALIAN SAUSAGE ON A HARD ROLL - 3OZ. BAKED BEANS - 1/2C PASTA SALAD - 1/2C PICKLED BEETS - 1/2C FRUIT - 1/2C MILK - 8OZ.	BR PORK TENDERLOIN W/GRAVY - 3 OZ. MASHED SWEET POTATOES - 1/2C SAUERKRAUT - 1/2C CREAM OF BROCCOLI SOUP - 3/4C RYE BREAD - 2 SLS. APPLESAUCE - 1/2C MILK - 8 OZ.	HAM & SWISS CHEESE SANDWICH ON WW BREAD W/LETTUCE & TOMATO CHICKEN NOODLE SOUP - 3/4C COLE SLAW - 1/2C FRUIT - 1/2C MILK - 8 OZ.

TO RESERVE CALL 708-354-1323

## SALERNO'S CONGREGATE ACTIVITIES FOR AGING CARE CONNECTIONS - MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>APRIL 29</b>  12:45 P.M. - PO-KENO 	<b>APRIL 30</b>  10:30 A.M. - 11:30 A.M. - BOOK CLUB MEETS   12:45 P.M. - FORTUNE BINGO 	<b>MAY 1</b>   12:30 P.M. - ACES CARD GAME	<b>MAY 2</b>  CINCO DE MAYO CELEBRATION   12:45 P.M. - BINGO 	<b>MAY 3</b>  12:30 P.M. - NEW BOARD GAME 
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAY 6</b>  10:00 A.M. - ADVISORY COUNCIL MEETING  12:45 P.M. - PO-KENO   ICE CREAM SOCIAL - \$1.00 	<b>MAY 7</b>  12 NOON - NATIONAL TEACHER'S DAY PRESENTATION BY RETIRED TEACHER   12:45 P.M. - FORTUNE BINGO 	<b>MAY 8</b>  NO SOCKS DAY - 3 WINNERS   OLDER AMERICAN DAY 	<b>MAY 9</b>  MOTHER'S DAY CELEBRATION   12:45 P.M. - BINGO	<b>MAY 10</b>   BRAIN GAMES
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAY 13</b>  12:45 - BINGO 	<b>MAY 14</b>  12:45 P.M. - FORTUNE BINGO 	<b>MAY 15</b>    NATIONAL CHOCOLATE CHIP COOKIE DAY	<b>MAY 16</b>  COLORFUL LUNCH - PURPLE - 2 WINNERS    12:45 - BINGO	<b>MAY 17</b>  BRAIN GAMES 
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAY 20</b>  12:45 P.M. - PO-KENO 	<b>MAY 21</b>  12:45 P.M. - FORTUNE BINGO 	<b>MAY 22</b>  OLDER AMERICAN TRIVIA W/PRIZES 	<b>MAY 23</b>  MEMORIAL DAY CELEBRATION  With Honor & Gratitude We Remember 12:45 P.M. - BINGO FIND THE PENNY - WIN A PRIZE - 1 WINNER	<b>MAY 24</b>   BRAIN GAMES
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAY 27 - CLOSED MEMORIAL DAY</b>  	<b>MAY 28</b>   NATIONAL HAMBURGER DAY - LOOK UNDER YOUR PLATE FOR A PRIZE  12:45 P.M. - FORTUNE BINGO 	<b>MAY 29</b>   12:30 P.M. - BRAIN GAMES	<b>MAY 30</b>  12:45 P.M. - BINGO 	<b>MAY 31</b>   12:30 P.M. - ACES CARD GAME