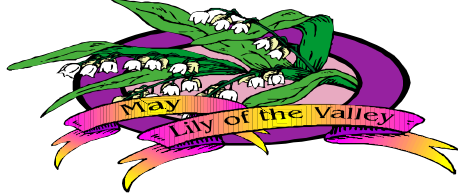



MAY 2012 CENTRA CARE HOT MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 POTATO AND HAM CASSEROLE SUCCOTASH GLAZED CARROTS PINEAPPLE TIDBITS WHOLE GRAIN ROLL	2 GARDEN CHEF SALAD WITH TURKEY MIXED FRUIT CUPS FRESH BAKED ROLL BROCCOLI SOUP	3 HOMEMADE MEATLOAF MASHED POTATOES W/ GRAVY STEWED TOMATOES FRUIT COCKTAIL WHOLE WHEAT ROLL	4 MACARONI AND CHEESE SPINACH CARROTS APPLECRISP WHOLE GRAIN ROLL
7 BARBEQUE CHICKEN THIGH ROASTED SWEET POTATOES TENDER MUSTARD GREENS PEARS BUTTERMILK BISCUIT	8 MOTHERS DAY MEAL HONEY GLAZED HAM STEAK CHEESY HASHBROWNS BAKED MASHED YAMS FRESH BAKED WHOLE GRAIN ROLL CHERRY CHEESECAKE	9 TACO BAKE PINTO BEANS SPANISH RICE TORTILLA CHIPS CINNAMON APPLES	10 CHEESE OMELETT W/ PEPPERS ROASTED REDSKINS WHOLE HOG SAUSAGE LINK WARM PEACH CRISP 1/2 ENGLISH MUFFIN	11 CHEESEBURGER MACARONI SWEET PEAS CARROTS FRUIT COCKTAIL FRESH BAKED ROLL
14 CHICKEN AND DUMPLINGS SUCCOTASH SWEET PEAS WHOLE GRAIN ROLL APPLESAUCE	15 TURKEY BURGER ROASTED SWEET POTATOES MUSTARD GREENS BANANA WHEAT HAMBURGER BUN	16 COUNTRY FRIED CHICKEN & GRAVY MASHED POTATOES GREEN BEANS JELLO FRUIT CUP FRESH BAKED WHOLE GRAIN ROLL	17 BEEF STROGANOFF LEMON PEPPER CAULIFLOWER STEWED TOMATOES PEARS FRESH BAKED WH. GRAIN ROLL	18 TURKEY AND CHEESE CROISSANT BROCCOLI SALAD MARINATED TOMATOES CINNAMON APPLES
21 HEARTY BEEF STEW SWEET KERNEL CORN STEWED TOMATOES MANDERINE ORANGES BUTTERMILK BISCUIT	22 TURKEY SAGE LOAF AND GRAVY MASHED POTATOES GREEN BEANS CHERRY CHEESECAKE FRESH BAKED ROLL	23 CHILI MACARONI SWEET & SOUR CABBAGE SWEET PEAS CINNAMON APPLESAUCE SWEET & SOUR CABBAGE	24 CHICKEN CAESAR SALAD FRESH BAKED WH. GRAIN ROLL RED FLAME GRAPES MARINATED CUCUMBERS	25 SOUTHERN BAKED FISH FILLET FRIED RICE PEA PODS NAVEL ORANGE CORNBREAD
28 Memorial Day MEAT LASAGNA STEAMED BROCCOLI SAUTEED CARROTS GARLIC HERBED ROLL SWEET POTATO PIE SQUARES	29 ROASTED CHICKEN ROASTED REDSKIN POTATOES BLACK EYED PEAS APPLESAUCE BUTTERMILK BISCUIT	30 GARDEN SALAD VEGETABLE BARLEY SOUP FRESH BAKED ROLL APPLESAUCE	31 SLOPPY JOES BAKED BEANS ROASTED SWEET POTATOES FRUIT COCKTAIL WHEAT BUN	
	All meals contain 80-100 grams of carbohydrates, approximately 5-6 carb "servings". All menus are trans fat free. Menus Subject to change			