

MAY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 ROAST PORK W/GRAVY ROASTED POTATO GREEN BEANS CITRUS FRUIT	2 STUFFED SHELLS W/TOMATO SAUCE TOSSED SALAD APPLESAUCE
5 STUFFED CABBAGE MASHED POTATO ZUCCHINI PEARS	6 CHICKEN CACCIATORE W/ ONIONS & PEPPERS WILD RICE GREEN BEANS ICE CREAM	7 TILAPIA BAKED POTATO SPINACH APPLE	8 SPAGHETTI W/ MEATBALLS TOSSED SALAD FRUITED JELLO	9 TURKEY SANDWICH ON WHEAT BREAD LETTUCE & TOMATO PEACHES
12 BAKED FISH OF THE DAY MASHED POTATO CORN ORANGE	13 AMERICAN CHOP SUEY CAULIFLOWER SHERBERT	14 CHICKEN CAESAR SALAD W/ TOMATO & CHEESE WHOLE WHEAT ROLL BANANA	15 MACARONI AND CHEESE BROCCOLI ASSORTED FRUIT PIE	16 CHICKEN TENDERS SWEET POTATO PEAS & CARROTS COOKIES
19 SALISBURY STEAK MASHED POTATO MIXED VEGETABLES MANDARINE ORANGES	20 CHICKEN BBQ RICE PILAF GREEN BEANS CHOCOLATE PUDDING	21 MANOCOTTI W/ SAUCE ITALIAN BLEND MELON OF THE DAY	22 MEMORIAL DAY LUNCHEON ESTUARY BURGER W/ ONION, LETTUCE & TOMATO BAKED BEANS COLE SLAW ICE CREAM	23 LEMON PEPPER FISH ROASTED POTATO BROCCOLI BANANA
26 MEMORIAL DAY HAVE A SAFE HOLIDAY!	27 CHICKEN TERIYAKI BROWN RICE CARROT COINS CRUSHED PINEAPPLE	28 HAPPY BIRTHDAY ITALIAN SAUSAGE W/APPLES MASHED POTATO MIXED VEGETABLE CAKE	29 BAKED FISH SANDWICH ON WHEAT LETTUCE & TOMATO APPLE	30 MEATLOAF W/GRAVY ROASTED POTATO BEETS CITRUS FRUIT

(Menu subject to change without notice)

CLINTON – 54 East Main Street OLD SAYBROOK – 220 Main Street OLD LYME – 26 Town Woods Road

WESTBROOK – Westbrook Town Hall, Senior Center, 866 Boston Post Road, THURSDAYS ONLY

RESERVATIONS AND CANCELLATIONS NEED TO BE MADE 24 HRS IN ADVANCE BY CALLING THE ESTUARY OFFICE AT 388-1611 BEFORE 11:00A.M.

THIS MENU MEETS 1/3 RDA AND CONFORMS TO U.S. DIETARY GUIDELINES – CERTIFIED BY NANCY EASTWOOD, RD

8 oz. – 1% milk Multi-grain breads are served with each meal unless noted above Condiments are served as posted