

MENU FOR MAY 2024

BEDFORD SENIOR COMMUNITY CENTER

Lunches are served between 11:30am & 12:15pm

Menu subject to change

Call 734-856-3330 between 8:00am & 10:30am for reservation

***RESERVATIONS ARE NO LONGER TAKEN IN ADVANCE.**

Whole grain bread, spread, & low fat milk served daily

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| | | 1. Beef Lasagna Pasta sauce Cheese Broccoli Tossed salad Garlic bread Apple | 2. Baked Pollock Tartar sauce Cauliflower Tater tots Banana | 3. CINCO de MAYO celebration Taco Salad Refried beans Beef, Lettuce, tomato Salsa/Sour Cream Pears Churro |
| 6. Chicken Salad Sandwich Lettuce/tomato Whole wheat bun 3 Bean salad Peaches | 7. Beef Chili Mac w/ pasta noodles Tossed salad Calif. Blend veggies Biscuit Apricots | 8. Brunch French toast sticks Sausage links Home fries Syrup Strawberry yogurt OJ | 9. Baked Chicken Thigh w/gravy Cheesy potatoes Glazed carrots Pears | 10. Pizza Burger w/ marinara sauce Mozz cheese Whole wheat bun Fries Lima beans Grapes |
| 13. Fish Sandwich Whole wheat bun Tartar sauce Sweet potato fries Cauliflower Oranges | 14. Turkey & Swiss Wrap Flour tortilla Lettuce/tomato Cottage Cheese Chips Pineapple | 15. BIRTHDAY LUNCH Meatloaf Brown gravy Mashed potatoes Corn Dinner roll Applesauce Cake & ice cream *Music by Kurt Knight | 16. BBQ Chicken Chunks Broccoli Baked beans Cole Slaw Banana | 17. Smoked Sausage on bun Sauerkraut Seasoned fries Green beans Tossed salad Mixed fruit |
| 20. Sloppy Joes On whole wheat bun Tater tots 3 Bean salad Apricots | 21. Tuna noodle Casserole Brussel Sprouts Garlic biscuit Pears | 22. Crab Cakes Baked potato Beets Mandarin Oranges | 23. Italian Meatball Sub w/ marinara Mozz cheese Black Olive Red Onion Mixed Veggies Chips Pears | 24. Grilled Chicken Breast Parsley potatoes Cauliflower Peaches |
|  27. Memorial Day | 28. Spaghetti w/ meat sauce Ital. green beans Tossed salad Garlic bread | 29. Chicken Tenders Ranch & bbq sauce O'brien potatoes Cole slaw Carrots | 30. Open faced hot beef sandwich W/gravy Mashed potatoes Broccoli | 31. Pork Chop Suey Rice California Veggie blend Pineapple Fortune cookie |
| | Strawberry yogurt | Applesauce | Banana | |
| | | 10 | | |

MENU FOR JUNE 2024
BEDFORD SENIOR COMMUNITY CENTER
Lunches are served between 11:30am & 12:15pm

Menu subject to change

Call 734-856-3330 between 8:00am & 10:30am for a reservation

Whole grain bread, spread, &
 low fat milk served daily

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| 3. Pork Patty Gravy Boiled potatoes Beets Peaches | 4. Beef Enchilada Bake Corn tortillas Refried beans Cheddar cheese Mexicali corn Corn bread Pears Churro | 5. Ham & Swiss on Rye Potato salad Cherry tomatoes Apple Chips | 6. Macaroni & Cheese Brussel sprouts Tossed salad Garlic biscuit Fruit cocktail | 7. Tuna Salad Sandwich on whole wheat bun Lettuce/tomato Pea & Peanut Salad Grapes |
| 10. CLOSED Professional Development day. | 11. Chicken Thighs Rice Pilaf Succotash Strawberry yogurt Dinner roll | 12. Chef Salad Ham, turkey, cheese, egg, cucumber, tomato, beets Salad dressing Bread stick Apricots Cookie | 13. Cheeseburger on a wheat bun American Cheese Lettuce/Tomato/Onion Pickle Potato wedge fries Tossed salad Banana | 14. Almond Crusted Pollock Tater tots Lima beans Cole Slaw Mandarin oranges |
| 17. Pulled BBQ Pork sandwich on wheat bun Seasoned French fries Cauliflower Carrot raisin salad Applesauce | 18. Mostaccioli Pasta Meat sauce Corn Tossed Salad Garlic bread Peaches | 19. Birthday Lunch Baked Ham Sweet Potatoes Green Beans Pineapple Cake & Ice Cream <i>Sponsored by Alexis Gardens</i> <i>*Music by "Twin Tunes"</i> | 20. Lemon Butter Pollock Cheesy potatoes Lima Beans Orange | 21. Chicken A La King Broccoli Biscuit Mixed Fruit |
| 24. Veal Patty Gravy Red skin potatoes Normandy Veggies Pears | 25. Boneless Pork Chops Green Beans Stuffing Dinner roll Applesauce | 26. Brunch French toast sticks Sausage links Home fries Syrup Strawberry yogurt OJ | 27. Stuffed Peppers w/ tomato sauce Mashed potatoes Carrots Dinner roll Banana | 28. Chicken Teriyaki Meatballs Rice Pineapple Broccoli Peaches Spring roll |