



MAY 2019



		1 Meatloaf Mashed Potatoes w/ gravy Butternut Squash Fruit Cocktail Dinner Roll <i>Fife Lake Lunch</i> <i>Fife Lake & Kingsley</i> <i>Birthday Dessert</i>	2 Homemade Goulash Green Beans Peas & Carrots Banana Bread <i>Interlochen Birthday</i> <i>Dessert</i>	3 Hot Chicken Sandwich w/bun Tater Tots Capri Blend Sliced Peaches <i>TC – Birthday Dessert</i>
6 BBQ Pulled Pork w/bun Red Skin Potatoes Mixed Vegetables Sliced Pears Gelatin	7 Honey Mustard Chicken Breast Mashed Potatoes Fresh Cut Carrots w/Dip Apple Dinner Roll	8 Stuffed Green Pepper Peas Key West Blend Orange Bread KINGSLEY: <i>See Mother's Day</i> <i>lunch May 10</i>	9 Salisbury Steak w/gravy Mashed Potatoes Beets Pineapple Chunks Dinner Roll INTERLOCHEN: <i>See Mother's Day</i> <i>lunch May 10</i>	10 <i>Happy Mother's Day</i> Ham Dinner Au Gratin Potatoes Herbed Carrots Fresh Grapes Dinner Roll
13 Baked Fish Red Skin Mashed Potatoes Stewed Tomatoes Applesauce Dinner Roll	14 Hamburger w/bun Baked Beans Peas & Pearl Onions Fresh Pear	15 IDEAS FOR LIFE SENIOR EXPO No Lunch Served at all Senior Center Locations	16 Creamy Turkey Tetrazzini Vegetable Rice Pilaf Green Beans Blueberries Bread	17 Swiss Steak w/gravy Mashed Potatoes Creamy Cole Slaw Banana Dinner Roll Butterscotch Pudding
20 Swedish Meatballs Mashed Potatoes Peas Fresh Grapes Bread	21 Penne Pasta w/Meat Sauce Green Beans w/Almonds Fiesta Blend Mixed Fruit Garlic Bread	22 Sloppy Joe w/bun Capri Blend Lettuce & Spinach Salad Warm Scalloped Apples Cookie	23 Tender Baked Chicken Red Skin Mashed Potatoes Key West Blend Sliced Pears Dinner Roll	24 Cabbage Roll w/Meat Sauce Red Skin Potatoes Succotash Sweet Cherries Bread
27 SENIOR CENTER CLOSED MEMORIAL DAY	28 Shepherd's Pie Mashed Potatoes Herbed Carrots Sliced Pears Bread	29 Boneless Pork Chop Mashed Sweet Potatoes Peas & Pearl Onions Banana Dinner Roll	30 Picnic Lunch Chicken Salad w/bun Tomato/Cucumber Salad Three Bean Salad Sliced Apples Brownie	31 Chicken Breast w/ Mushrooms & Gravy Red Skin Mashed Potatoes Green Beans Orange Dinner Roll

Milk served with all meals. This menu is subject to change. \$3 suggested donation for those 60+; \$5 charge for those under 60. The Michigan Department of Aging and Adult Services provides the regulations regarding this menu.

To reserve or cancel meals in Traverse City, call 231-947-5285. For Kingsley and Interlochen, call 231-922-4911 by Monday of the week you would like to reserve; for Fife Lake, call 231-879-4101 by Monday of the week you would like to reserve.