

Cantor Senior Center & Adult Day Care

May 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
2 (2 oz) Kosher hot dog on WG Bun ½ c. Sauerkraut ½ c. Baked Beans ½ c Pineapple 1 packet of Ketchup & Mustard 1 Package of Powdered Milk	¾ c. Tuna Salad ½ c. Potato Salad ½ c. Tomato Salad 2 oz. Dinner Roll/Margarine ½ c. Mixed Fruit 1 Package of Powdered Milk	3 oz. Beef Mongolian ½ c. Asian Fried Rice ½ c. Asian Vegetables 2 oz. Dinner Roll/margarine ½ c. Fresh Fruit 1 Package of Powdered Milk	3 oz. Turkey Croissant Sandwich ½. C. Pasta Salad ½ c. Green Bean Salad ½ c. Fresh Fruit 1 Package of Powdered Milk 1 Package of Condiments	3 oz. Rosemary Chicken ½ c. Brown Rice ½ c. Green Beans 2 oz. WG Roll ½ c. Fresh Fruit 1 Package of Powdered Milk
8	9	10	11	12
3oz Meatloaf ½ c Brown Rice ½ c Mixed Vegetables 1 Board Matzah/Passover Margarine ½ c. Mixed Fruit 1 Package Powdered Milk	3 oz. WG Herb Crusted Baked Fish ½ c. Cole Slaw ½ c. Green Beans ½ c. Pineapple 2 oz. WG Roll w/Margarine 1 package Powdered Milk	3 Oz. Chicken Schnitzel ½ c. Green Beans ½ c. Israeli Salad 1 Sl WG Bread w/Margarine ½ c. Peaches 1 Package Powdered Milk	4 oz Egg salad ½ c tomato, cucumber, onion salad ½ c. carrot Raisin salad 2 SL. WG Bread w/ Margarine ½ c Fresh Seasonal Fruit 1 package of Powdered Milk	3 oz. Chicken Cacciatore ½ c. Mashed sweet potato ½ c. Carrots 1 WG Roll w/ margarine ½ c. Peaches 1 Package of Powdered Milk
15	16	17	18	19
3 oz. Hamburger w/ Lettuce & Tomato on WG Bun ½ c. Potato Tots ½ c. Grilled Vegetables ½ c. Mixed Fruit 1 pkt Ketchup, Mustard 1 Package Powdered Milk	¾ c. Chicken Salad ½ c. Pasta Salad w/Veggies ½ c. Tomato & Cucumber Salad 2 oz. WG Dinner Roll w/margarine ½ c. Peaches 1 Package Powdered Milk	8 oz. Eggplant Parmesan (4oz Eggplant, 2 oz. mozzarella, 2 oz Marinara) ½ c. Spaghetti w/ Garlic Sauce ½ c. Mixed Vegetables ½ c. Seasonal Fruit 1 Package Powdered Milk	Cobb Salad (3 oz Chicken on Bed of Greens w/ Boiled Egg) ½ cup Chickpea salad (side) 1 Packet of Balsamic Dressing 2 oz. Dinner roll w/ margarine ½ cup Pears 1 Package of Powdered Milk	3 oz Chicken Francois ½ c. Noodle Kugel ½ c. Squash Medley 2 oz. WG Roll /Margarine ½ c. Apple Sauce 1 Package of Powdered Milk
22	23	24	25	26
Spaghetti & (4) Meatballs ½ c. Marinara sauce ½ c. Garden Salad w/ dressing 2 oz. Dinner roll w/ margarine ½ c. Seasonal Fruit Cup 1 Package Powdered Milk	Krab Salad Roll (4 oz Krab Salad in WG Bread Roll) ½ cup Green, Red, Yellow Peppers (in salad) ½ c Tomato Salad ½ cup Peaches 1 Package of Powdered Milk	3 oz. Sweet and Sour Meatballs w/ sauce ½ c. Noodles ½ c. Green Beans 2 oz. Dinner Roll/ Marg ½ cup Peaches 1 Package Powdered Milk	Mediterranean Chicken Veggie Wrap (3oz Chicken w/ 2 Tbs Hummus on 12" WG Tortilla) 1 ½ cup Tomato, Onion, Cucumber ½ c. Orzo salad ½ Fresh Seasonal Fruit 1 Package of Powdered Milk	3 oz. Lemon Baked Chicken ½ c. rice ½ c. Carrots 2 oz. WG Roll w/ margarine ½ c. Peaches 1 Package of Powdered Milk
29	30	31		
Closed for Memorial Day	¾ c. Tuna Salad ½ c. Potato Salad ½ c. Tomato Salad 2 oz. Dinner Roll/Margarine ½ c. Mixed Fruit 1 Package of Powdered Milk	3 oz Chicken Marsala ½ c. Orzo ½ c Zucchini & Onion 1 oz. WG Roll w/ Margarine ½ c. Canned Fruit 1 Package Powdered Milk		

APPROVED BY AND SIGNED BY: ALEX FRIZZELLE CATERER: STERLING KOSHER DATE: 3/1/23 The lunch program is sponsored through a partnership with the David Posnack JCC, The State of Florida Department of Elder Affairs ,and The Area Agency on Aging of Broward County.

Alex Frizzelle RD/CDM