


## Cowlitz Senior Nutrition and Activities

**Meals are served in Toledo Monday thru Friday and on Tuesday in Longview.**

# MONTH of May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Grilled cheese and Tomato soup, Fruit	2 Spaghetti with meat sauce, Green beans, Fruit	3 Soft Taco, Beans, Fruit	4 Chicken Caesar Salad, Bread, fruit	5 BBQ beef ribs, potato salad, beans, fruit	6
7	8 Coney Island Dog with Coleslaw and Fruit	9 Scalloped Potatoes with ham, Spinach, Fruit	10 Turkey, mashed potatoes, peas, fruit	11 Cabbage casserole, salad, fruit	12 Pancakes Bacon, Sausage Eggs Fruit	13
14	15 Soup & Sandwich, Fruit	16 Chicken Enchiladas Rice and Beans Fruit	17 Turkey Club Pasta Salad Fruit Dessert	18 Clam Chowder Fry Bread Green Salad Fruit	19 Baked Potato Bar, Salad, Fruit	20
21	22 Rueben with Baked Fries, Fruit	23 Cobb Salad, fruit	24 TRIP NO LUNCH SERVED	25 TRIP NO LUNCH SERVED	26 TRIP NO LUNCH SERVED	27
28	29 No Lunch Served 	30 Egg salad sandwich, chips, carrot sticks, fruit	31 Salisbury steak, roasted potatoes, Broccoli, fruit			

Please contact Deb 360.864.7006

Or Nancy 360.864.7003

With, any questions or concerns

Milk or juice and wheat bread available by request

