

W H A T C O M \ S A N J U A N N U T R I T I O N M a y 2 0 1 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Entrée option GF = Gluten Free DF = Dairy Free GF/DF = Both ALT = Alternate GF &/or DF Main Entrée - Ask	1	2	3	4
	GF Chicken Apple Salad With Bleu Cheese Mini Croissant Fresh mix Fruit Cookie	GF/DF Swiss Steak Scalloped Potato Carrot Coins Garden Salad Applesauce	GF Chicken Reuben Seasoned Red Potato Capri Blend Veggie Garden Salad Tropical Fruit	GF/DF Turkey w/Cranberry Mash Potato & Gravy Peas & Onions Pumpkin Cake
7	8	9	10	11
DF Stuffed Green Peppers Seasoned Red Potato Mix Veggie Garden Salad Cowboy Cookie	ALT Butternut Squash Ravioli Italian Veggies Caesar Salad Wheat Breadsticks Orange Sections Cookie	ALT Chicken Ala King Biscuit Broccoli Normandy Garden Salad Orange Sections	GF/DF Ham w/ Pineapple Baked Potato Peas Wheat Roll Peaches & Pears	GF/DF Salmon Burger Lettuce and Tomato on a Wheat Bun Baked Beans Cole Slaw Fresh Melon Salad
14	15	16	17	18
ALT Sweet & Sour Meatballs Brown Rice Broccoli Normandy Wheat Roll Pudding	DF Teriyaki Chicken Baked Potato Whole Green Beans Bacon & Broccoli Salad Orange Sections	DF Spaghetti Italian Veggie Garden Salad Wheat Breadstick Peaches	GF Honey Mustard Chicken Hawaiian Rice Peas & Carrots Garden Salad Chocolate Cake	GF/DF Pork Loin w/ Apple Chutney Mash Potato & Gravy Mix Veggie Wheat Roll Apricots
21	22	23	24	25
ALT Lemon Pepper Fish Scalloped Potato Brussel Sprouts Cole Slaw Pears & Cookie	GF Taco Salad Cornbread Sherbet	ALT Stuffed Chicken Breast Wild Rice Pilaf Dinner Blend Veggie Garden Salad Wheat Roll Strawberry Ice Cream	ALT Turkey Pot roast w/ Gravy Mash Potato Carrot Coins Wheat Roll Millionaire Salad	ALT Beef Stroganoff Rotelle Pasta Broccoli Normandy Garden Salad Melon Salad
28	29	30	31	
<i>Memorial Day</i> <u>Centers Closed</u>	GF Chicken Fajitas Shredded lettuce & diced tomatoes GF Refried Beans GF Spanish Rice Cantaloupe	ALT Lasagna Italian Veggie Garden Salad Wheat Breadstick Peaches Sherbet	ALT Pulled Pork Baked Yam Half Dinner Blend Veggie Wheat Roll Sherbet	

All menus are subject to change due to food cost and availability