

May 2019

*HDM to receive Option A.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 	1 Beef Stew Cubed beef slow simmered and Vegetables	2 Fish and Chips Battered and roasted cod served over fries	3 Pork Au Champignons French simmered pork with onions, mushrooms, vegetables and wine
6 Napa Almond Chicken Salad Sandwich Apples, Grapes, Chicken, Celery on Wheatberry Bread 	7 Pasta Bolognese Italian noodles topped with slow simmered sauce and elegantly seasoned ground beef	8 Chicken Coq au Vin Chicken and vegetables topped with an elegantly balanced sherry reduction	9 Egg Strada Eggs with artichokes, broccoli, asparagus, bell pepper, and ground pork	10 Soy Glazed Cod Fish (Low Sodium) Asian Style roasted cod fish topped with soy sauce reduction 
13 Turkey Burger Turkey burger seasoned in teriyaki and topped with lettuce, tomato and cheese	14 Creamy Primavera Tuscan Chicken Pasta Cream sauce with broccoli, carrots, mushrooms and peas	15 Curried Egg Salad Sandwich House made curried egg salad served in an artisan whole grain roll 	16 Chicken Madeira over Rice Madeira garlic cream sauce with fresh herbs and asparagus	17 Beef Bourguignon Classic hearty meat dish simmered with wine, carrots and vegetables
20 Balsamic Glaze Chicken A Senior Center Favorite! Chicken with balsamic sauce	21 Carnitas Taco Salad Pulled pork over crispy tortillas and topped with lettuce, tomato and cheese 	22 Pasta and Meatballs Pasta in tomato sauce simmered with meatballs	23 Chile Egg Puff "A Senior Center Favorite"	24 Creamy Lemon Chicken Creamy lemon sauce over roasted baked chicken
27  CENTER CLOSED	28 Chicken Milano Chicken with garlic, sun-dried tomatoes and fresh basil	29 Roasted Pork Loin and Gravy Taste of home roasted pork loin with gravy 	30 Beijing Beef Beef strips sautéed with Asian spices, mixed peppers and an Asian vegetable medley	31 Tuna Salad Sandwich on Artisan Ciabatta Roll

The mission of the SCV Senior Center is to promote quality of life for seniors.
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