**May 2022 Fairmont & Exeter Senior Centers 402.268.2831**

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| Monday  | Tuesday | Wednesday | Thursday | Friday |
| **2** Beef & Cabbage BakeGlazed CarrotsRed Grapes | **3** MeatloafBaked PotatoPeasPeaches**Pot Luck Dinner****SHIP PROGRAM @ noon** | **4** Beef & NoodlesMashed PotatoesGreen BeansStrawberries | **5** Liver & OnionsMacaroni & CheeseBroccoliApricots | **6** Tilapia Filet Baked PotatoBeetsCantaloupe  |
| **9** Tater Tot CasseroleGreen BeansCottage CheesePeaches**Board Meeting 6p.m.** | **10** BBQ ChickenRed PotatoesPearsChocolate Cake | **11** Cheesy Spinach  Chicken Breast Alfredo PastaPeasApricots | **12** Pork CutletBroccoliTomato WedgesApplesauce | **13** Chicken StripsPotatoes & GravyGarden SaladRed Grapes |
| **16** Chicken Fried SteakPotatoes & GravyPeasApricots | **17** Beef & Onion Pizza Tossed SaladPineapple ChunksGarlic Bread **Foot Clinic at 1-3 p.m.**  | **18** Spaghetti with Meat Sauce Green BeansPeaches | **19** Sausage & Cheesy EggsTomato Juice (low sodium)Tropical FruitWheat Toast**Blood Pressure Clinic****Program:** **Rob Czaplewski****“Anxiety Care”** | **20** Lemon Pepper SalmonSweet Potato TotsBroccoliBanana |
| **23** Honey Mustard Chicken BitesBrown RiceTomato & Cucumber SaladApricots | **24** Swiss SteakBaked PotatoCottage CheesePeachesBrownie | **25** Pineapple Pork ChopsCheesy PastaBaked BeansBanana  | **26** Porcupine MeatballsMashed PotatoesGreen BeansPineapple**Birthday Dinner & Games** | **27** Stir Fry Chicken & AsparagusBlack Beans & RiceStrawberries |
| **30** **Closed Memorial Day** | **31** Pork ChopsMacaroni & CheeseBaked BeansRanch TomatoesOrange | **May is……** **“Older Americans Month”****\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*****Happy Mother’s Day to all of you beautiful ladies!!!** | **MENU SUBJECT****TO CHANGE**  | **BREAD & MILK** **AVAILABLE!!!!****Meal Reservations by** **9:30 a.m. please**  |