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

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| Monday | Tuesday | Wednesday | Thursday | Friday |
| **2** Beef & Cabbage Bake  Glazed Carrots  Red Grapes | **3** Meatloaf  Baked Potato  Peas  Peaches  **Pot Luck Dinner**  **SHIP PROGRAM @ noon** | **4** Beef & Noodles  Mashed Potatoes  Green Beans  Strawberries | **5** Liver & Onions  Macaroni & Cheese  Broccoli  Apricots | **6** Tilapia Filet  Baked Potato  Beets  Cantaloupe |
| **9** Tater Tot Casserole  Green Beans  Cottage Cheese  Peaches  **Board Meeting 6p.m.** | **10** BBQ Chicken  Red Potatoes  Pears  Chocolate Cake | **11** Cheesy Spinach  Chicken Breast  Alfredo Pasta  Peas  Apricots | **12** Pork Cutlet  Broccoli  Tomato Wedges  Applesauce | **13** Chicken Strips  Potatoes & Gravy  Garden Salad  Red Grapes |
| **16** Chicken Fried Steak  Potatoes & Gravy  Peas  Apricots | **17** Beef & Onion Pizza  Tossed Salad  Pineapple Chunks  Garlic Bread    **Foot Clinic at 1-3 p.m.** | **18** Spaghetti with  Meat Sauce  Green Beans  Peaches | **19** Sausage & Cheesy Eggs  Tomato Juice (low sodium)  Tropical Fruit  Wheat Toast  **Blood Pressure Clinic**  **Program:** **Rob Czaplewski**  **“Anxiety Care”** | **20** Lemon Pepper Salmon  Sweet Potato Tots  Broccoli  Banana |
| **23** Honey Mustard  Chicken Bites  Brown Rice  Tomato & Cucumber Salad  Apricots | **24** Swiss Steak  Baked Potato  Cottage Cheese  Peaches  Brownie | **25** Pineapple Pork Chops  Cheesy Pasta  Baked Beans  Banana | **26** Porcupine Meatballs  Mashed Potatoes  Green Beans  Pineapple  **Birthday Dinner & Games** | **27** Stir Fry Chicken &  Asparagus  Black Beans & Rice  Strawberries |
| **30**  **Closed Memorial Day** | **31** Pork Chops  Macaroni & Cheese  Baked Beans  Ranch Tomatoes  Orange | **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** |