


SENIOR CENTER MENU May Center 2019
104 Greenridge Road Snow Hill, NC 28580

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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|  | | 1 Sm. Sausage, Dry Limas, Cabbage, Mixed Fruit, Roll, 2% Milk | 2 Meat Balls, Mashed Pots, Turnips, Orange, Biscuit, 2% Milk | 3 Fried Chicken, Pot Salad, String Beans, Pears, Roll, 2% Milk |
| 6 Pork Chop, Navy Beans, Corn, Peaches, Roll, 2% Milk | 7 Spaghetti w/ Meatballs, Mixed Veggies, Applesauce, Garlic Toast, 2% Milk | 8 Baked Chicken w/ gravy, Boiled Pots, Collards, Mixed Fruit, Biscuit, 2% Milk | 9 Trout, Baked Beans, Slaw, Cornbread, Orange, 2% Milk | 10 Meatloaf, Green Limas, Winter Blend, Choc Pudding, Roll, 2% Milk |
| 13 Hamburger Steak w/ gravy, Mashed Pots, Turnips, Pears, Roll, 2% Milk | 14 Chicken Salad Pot Salad, 3 Bean Salad, V. Pudding, Crackers, 2% Milk | 15 Roast Pork w/ gravy, Navy Beans, Winter Blend, Peaches, Biscuit, 2% Milk | 16 BBQ Chicken, Whole Pots., Field Peas, Banana Pudding, Roll, 2% Milk | 17 Beef Tips, Rice, Collards, Pineapples, Cornbread, 2% Milk |
| 20 Chicken Pot Pie, Yams, Corn, Spiced Apples, Cornbread, 2% Milk | 21 Turkey w/ gravy, Mashed Pots, String Beans, Peaches, Biscuit, 2% Milk | 22 Chicken-fried Steak, Green Limas, Carrots, Pears, Rolls, 2% Milk | 23 Baked Pork Chops w/ gravy, Mac n Cheese, Mustard Greens, Mixed Fruit, Whole Wht. Bread, 2% Milk | 24 Stewed Beef w/ Pots and Veggies, June Peas, Vanilla Pudding, Roll, 2% Milk |
| 27 Closed Memorial Day! | 28 Pepper Steak, Mac n Cheese, Field Peas, Applesauce, Whole Wht. Bread, 2% Milk | 29 Chicken Salad Pot Salad, 3 Bean Salad, V. Pudding, Crackers, 2% Milk | 30 Meat Balls, Mashed Pots, Turnips, Orange, Biscuit, 2% Milk | 31 Elder Abuse Awareness Walk-Hot Dog Lunch |

*Ask about our Free Lunch-Meals served at the Senior Center. No income limits-if you live in Greene County & are at least age 60, you Qualify. For more information about our Senior Nutrition Program, call 252-747-5436. *Free Transportation to & from the Senior Center May be available.