


MAY 2021		POPE COUNTY SENIOR WELLNESS & ACTIVITY CENTER			Congregate Menu
Monday	Tuesday	Wednesday	Thursday	Friday	
<b>3</b> Beef Liver & Onions or Chicken Fried Steak Mashed Potatoes Country Gravy Broccoli Medley Wheat Roll Ice Cream Cup	<b>4</b> Great Northern Beans w/Ham Fried Potatoes Creamed Spinach Regular or Mexican Cornbread Peach Dump Cake	<b>5</b> Cheeseburger Lettuce, Tomato, Pickle Sidewinder Fries Baked Beans Rice Krispy Treat	<b>6</b> Breaded Chicken Breast or Baked Cod Loin over Rice Pilaf Green Beans w/Onion Wheat Roll Lemon Bars	<b>7</b> Chicken Enchilada Soup Fiesta Salad w/Beans ½ Cheese Quesadilla Guacamole Sour Cream Sopapilla Cheesecake	
<b>10</b> Chicken & Dumplings Buttery Baby Carrots Fluffy Biscuit Apple Crisp	<b>11</b> Homemade Meatloaf Mashed Potatoes/Gravy Sweet Corn Wheat Roll Pink Fluffy Stuff	<b>12</b> Pot Roast Stuffed Baked Potato w/Peppers & Onion Fresh Vegetable Salad Buttery Texas Toast Lisa's Peach Delight	<b>13</b> Spaghetti & Meat Sauce Italian Green Beans Garlic Bread Sticks Pear & Cranberry Cake	<b>14</b> Smothered Overnight Pork Chops Mashed Potatoes Green Peas Wheat Roll Banana Pudding	
<b>17</b> Chicken Fried Chicken Macaroni & Cheese Garden Vegetables Buttery Biscuit Baked Cinnamon Apples	<b>18</b> Pinto Beans w/Ham Oven Fried Potatoes Tomato & Cucumber Salad Regular or Mexican Cornbread Choc Chip Bread Pudding	<b>19</b> 2 Salmon Patties w/Remoulade Sauce or Ranch Chicken over Herbed Rice Roasted Brussels Sprouts Wheat Roll Ambrosia	<b>20</b> Brown Sugar Ham Loaded Sweet Potato Black-Eyed-Peas Cornbread Peach Fluff w/Raspberry Topping	<b>21</b> Sweet & Sour Chicken over Homemade Fried Rice Egg Roll Oriental Vegetables w/Water Chestnuts Mandarin Oranges	
<b>24</b> Hamburger Steak w/Mushrooms, Peppers & Onions Mashed Potatoes/Gravy Succotash Wheat Roll Chocolate Cream Pie	<b>25</b> ½ All American Sandwich on Wheat Lettuce, Tomato, Bread & Butter Pickle Mixed Vegetable Salad Tomato Soup Strawberry Shortcake	<b>26</b> Chicken & Dressing Sweet Potatoes Green Peas White Roll Cranberry Sauce Spiced Peaches	<b>27</b> Chicken Fried Steak Mashed Potatoes Country Gravy Crack Green Beans Wheat Roll Whoopie Cookie	<b>28</b> Slow Cooked Bone In BBQ Ribs Twice Baked Mashed Potatoes Corn on the Cob Garlic Cheese Biscuits Applesauce	
<b>31</b> 			Your choice of ham, turkey or chicken chef salad's available daily. Reservations for all meals must be made before  11 a.m. 968-5039		