

May 2022 Soprema Café Voucher Meals 11:30 am – 1:30 pm

Monday	Tuesday	Wednesday	Thursday
2 Cheese Ravioli – 6 oz Garden Salad- 1 cup Green Beans – ½ cup Whole Wheat Roll – 2 oz Low-fat Vanilla Pudding – ½ cup Grapes - 20	3 Salisbury Steak – 3 oz Baby Carrots – ½ cup Mashed Potatoes – ½ cup Gravy – ¼ cup Pears – ½ cup Whole Wheat Slice – 2 oz	4 Breaded Fish – 4 oz Tartar Sauce – 1 piece Brown Rice – 1 cup Carrots – ½ cup Green Beans – ½ cup Apple – 1	5 Beef Tacos w/salsa– 1 cup meat, ¼ c salsa Tortillas - 2 Sour Cream – 2 tablespoons Rice – ½ cup Refried Beans – 1/2 cup Mexican Corn – ½ cup Mandarin Oranges – ½ cup
9 Chicken Alfredo – 1 cup Garden Salad – 1 cup Dressing – 1 package Corn – ½ cup Whole Wheat slice – 2 oz Orange Slices – 4	10 Beef Meatloaf – 3 oz Mashed Potatoes 1/2 c Mixed Vegetables – ½ cup White Roll – 2 oz. Mixed Fruit – ½ cup	11 BBQ Chicken – 3 oz Baked Potato – 3 oz Diced Beets – ½ cup Applesauce – ½ cup Whole Grain Roll – 2 oz	12 Pierogis with caramelized onions – 3 Sour cream 2 oz Ham slice – 3 oz Green Salad – ½ cup Mixed vegetables 1/2 cup Whole grain Roll – 1 Low-fat chocolate pudding Pineapple Rings - 2
16 Vegetable Lasagna – 1 cup Green & Gold Beans – 1 cup Sliced Peaches – ½ cup Whole Grain Rye Bread – 1 oz.	17 Beef Hot Dog, 2 oz with bun, 2 oz Potato Chips – ½ cup Potato Salad – ½ cup Pears – ½ cup	18 Chicken & Gravy– 3 oz Mashed Potatoes – ½ cup Green Beans – ½ cup Jell-O Salad with fruit– ½ cup Whole Grain Roll – 2 oz	19 Macaroni & Cheese – 1 cup Garden Salad – 1 cup / Dressing – 1 package Corn – ½ cup Fruit Cocktail – ½ cup Whole Wheat slice – 2 oz
23 Pasta Salad with Chicken- 10 oz Green House Salad – 1 cup Broccoli – ½ cup Whole Wheat Roll - 2 oz Fruit Cocktail – ½ cup	24 Roasted Chicken 3 oz Pasta Salad with Veggies- 1/2 cup Corn – ½ cup Mixed Fruit– ½ cup Whole Grain bun – 2 oz	25 Rigatoni and Meatballs – 1c Green Salad – 1 cup Dressing – 1 package Green Beans – ½ cup Applesauce – ½ cup Whole Wheat Slice – 2 oz	26 Kielbasa 4 oz Buttered Noodles – ½ cup Cabbage – ½ cup Carrots – ½ cup Fruit Cup – ½ cup Whole Wheat Slice – 2 oz
30 CLOSED HAPPY MEMORIAL DAY	31 Tuna & Noodle Casserole – 1 cup Green Salad – 1 cup Dressing – 1 package Peas – ½ cup 20 grapes Whole Wheat Roll – 2 oz	Menu Approved by: <i>Ann Stahlheber, M.S., R.D.N., L.D.</i>	

All Meals include choice of milk or calcium fortified juice

ALTERNATE 1	OR	ALTERNATE 2
Cold deli meat sandwich – 4 ounce with chips -1/2 cup, pickle spear and Orange		Green Salad – 2 cups with Chicken Strips -4 ounce, dressing – 1 piece and Whole Wheat Roll -2 ounce and 1 orange