

# Warm Springs Senior Wellness

## May 2023 Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>Potato Leek Soup</b>  ww cracker fresh fruit	2 <b>Vegetable Turkey Casserole</b>  Dinner Roll fresh fruit	3 <b>Baked Salmon</b> Mash potatoes fresh green beans  canned fruit	4 <b>Stuffed Pepper</b> w/ ground turkey  zucchini bread fresh fruit	5 <b>Chicken enchiladas</b> brown rice vegetarian beans fresh fruit	
	8 <b>Chickeb Caesar</b> salad mandarine oranges  fresh fruit	9 <b>Meat Loaf</b> Califlower Mash Roasted Carrots  canned fruit	10 <b>Closed</b> prepping for <b>Senior Day 2023</b>	11 <b>Closed</b> prepping for <b>Senior Day 2023</b>	12 <b>Honor Senior Day</b> Agency longhouse 8am - 4pm	
	15 <b>Shrimp Skewers</b> couscous grilled vegetables  fresh fruit	17 <b>Chicken Stroganoff</b> clam shell pasta  canned fruit	17 <b>Luckamean</b> Roasted Vegetable Biscuits  Fresh Fresh	18 <b>Strawberry Cobb</b> salad roasted chicken thighs  fresh fruit	19 <b>Black Bean</b> Chili ww bread  choice of fruit	
	22 <b>Roasted Pepper n' Cheese Stuffed Chicken</b>  jello w/fruit	23 <b>Pork Chops</b> sweet potato mash brussel sprout salad  canned fruit	24 <b>Bow-Tye Chicken</b> Alfredo green peas ww bread fruit smoothie	25 <b>Blackened Salmon</b> coconut rice  spring mix salad fresh fruit	26 <b>Slow Roasted</b> Beef Mash Potatoes roasted califlower fresh fruit	
	29 <b>Memorial Day</b>   <b>No Work</b>	30 <b>BBQ Pork Ribs</b> potato salad baked beans  cottage cheese peaches	31 <b>Beef Fajitas</b> tortilla bread brown rice refried beans fresh fruit			

