

# May 2019 Sandpoint Area Seniors, Inc. Menu

820 Main Street, Sandpoint, Idaho 83864 208.263.6860

Lunch is at 11:30am, Mondays-Thursdays

Breakfast is at 8:30am, Fridays

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>                     All meals provided by Sandpoint Area Seniors meet one-third of the Recommended Daily Allowance, as defined by the Food and Nutrition Board of the National Research Council of the National Academy of Sciences.                 </div>		1. <b>Teriyaki Chicken</b> <b>Steamed Rice</b> <b>Oriental Veg.</b> <b>Salad Bar</b> <b>Dessert</b>	2. <b>Swiss Steak</b> <b>Potatoes Au Gratin</b> <b>Steamed Carrots</b> <b>Salad</b> <b>Dessert</b>	3. <b>Scrambled Eggs</b> <b>Bacon/ Hash Browns</b> <b>Fruit &amp; Juice</b>
6. <b>Salisbury Steak</b> <b>Mash/Gravy</b> <b>Normandy Veg</b> <b>Salad Bar</b> <b>Dessert</b>	7. <b>Roast Pork</b> <b>Au Gratin Potatoes</b> <b>Carrots</b> <b>Salad Bar</b> <b>Dessert</b>	8. <b>Baked Cod</b> <b>Baked Potato</b> <b>Green Beans</b> <b>Salad Bar</b> <b>Dessert</b>	9. <b>Chicken Cordon Bleu</b> <b>Rice Pilaf</b> <b>Broccoli</b> <b>Salad</b> <b>Dessert</b> <i>Happy Mother's Day!</i>	10 <b>Ham &amp; Cheese Quiche</b> <b>Hash Browns</b> <b>Bacon &amp; Toast</b> <b>Fruit &amp; Juice</b>
13. <b>Cheeseburger</b> <b>French Fries</b> <b>Green beans</b> <b>Salad Bar</b> <b>Dessert</b>	14. <b>Baked Salmon</b> <b>Wild Rice Pilaf</b> <b>Fresh Asparagus</b> <b>Salad Bar</b> <b>Dessert</b>	15 <b>Chicken Parmesan</b> <b>Parsley Buttered Pasta</b> <b>Fresh Carrots</b> <b>Salad Bar</b> <b>Dessert</b>	16 <b>Pork Chop</b> <b>Mash/Gravy</b> <b>Mixed Vegis</b> <b>Salad</b> <b>Dessert</b>	17 <b>Pancakes</b> <b>Bacon &amp; Egg</b> <b>Fruit &amp; Juice</b>
20. <b>Broccoli Cheese Soup</b> <b>Grilled Ham &amp; Cheese</b> <b>Tater Tots</b> <b>Salad Bar</b> <b>Dessert</b>	21. <b>Beef Stroganoff</b> <b>Green Beans</b> <b>Salad Bar</b> <b>Dessert</b>	22. <b>Cabbage Rolls</b> <b>Rice</b> <b>Peas &amp; Carrots</b> <b>Salad Bar</b> <b>Dessert</b>	23. <b>Meatloaf</b> <b>Mash/Gravy</b> <b>Mixed Vegetable</b> <b>Salad</b> <b>Dessert</b>	24. <b>Eggs &amp; Bacon</b> <b>Hash Browns</b> <b>Toast</b> <b>Fruit &amp; Juice</b>
27. <b>Closed Memorial Day</b>	28. <b>Spaghetti</b> <b>Spinach</b> <b>Garlic Toast</b> <b>Salad Bar</b> <b>Dessert</b>	29. <b>Chicken Fried Steak</b> <b>Mash/Gravy</b> <b>Peas</b> <b>Salad Bar</b> <b>Dessert</b>	30. <b>Baked Ham</b> <b>Scalloped Potatoes</b> <b>Brussels Sprouts</b> <b>Salad</b> <b>Dessert</b>	31. <b>Biscuits &amp; Gravy</b> <b>Sausage Links</b> <b>Hash Browns</b> <b>Fruit &amp; Juice</b>

Thank You for joining our Meal Program! Our suggested donation for persons 60 and over is \$4.00 (or whatever you can afford). Guests under 60 are \$8.00 each. Remember, a one-day advance meal reservation is appreciated. Please call 208-263-6860 between 8am-3pm to let us know you'll be joining us! Milk, Coffee, Tea are served daily with each meal. Please note the menu is subject to change and meals are served until 11:45am.