

MAY 2024 GRAB AND GO MENU

TO RESERVE YOUR MEALS, CALL **610-664-2366** by Previous Wednesday

Pick Up Tuesday / Thursday / Friday

New Times 11:30 am – 1:30 pm

ALL MEALS COME WITH MILK (and sometimes Juice, where noted)

TUESDAY	THURSDAY	FRIDAY
April 30	2	3
<p>PIZZA BURGER (Beef, Mozzarella Cheese, Tomato Sauce; Whole Wheat Hamburger Bun) Mixed Vegetables (Corn, Carrots, Peas, Green Beans) Cauliflower Sweet Muffin</p>	<p>PAPRIKA BAKED CHICKEN THIGH Cole Slaw Mashed Potatoes Peaches Whole Wheat Bread</p>	<p>SPINACH & SWISS OMELET (Egg Omelet, Swiss Cheese, Spinach) Roasted Red Potatoes Warm Apples Berry Applesauce Whole Wheat Roll</p>
7	9	10
<p>BALSAMIC GLAZED CHICKEN (Chicken, Mozzarella Cheese) Penne Pasta Collard Greens Whole Wheat Roll Fresh Apple</p>	<p>HAWAIIAN CHICKEN (Chicken, Soy Sauce, Sesame Sauce, Pineapple Sauce) Confetti Rice (w/ Peppers) Marinated Cucumber Salad Fruit Cocktail White Roll</p>	<p>MOTHER'S DAY MEAL: SLICED ROAST BEEF w/ GRAVY Mashed Potatoes Green Beans Strawberry Shortcake Dinner Roll</p>
14	16	17
<p>PINEAPPLE GLAZED PORK Sweet Potatoes Green Bean Almondine Cinnamon Applesauce Whole Wheat Roll</p>	<p>CHEESE OMELET w/ TURKEY SAUSAGE Diced Potatoes (w/ Peppers and Onions) Spinach w/ Carrots Sweet Muffin Whole Wheat Bread</p>	<p>TILAPIA w/ CREAMY DILL SAUCE Carrot Coins Vegetable Brown Rice Mandarin Oranges Whole Wheat Roll</p>
21	23	24
<p>HEARTY BEEF STEW Stewed Veggies (Carrots, Potato, Peas) Cauliflower Oatmeal Cookie Whole Wheat Roll</p>	<p>CREAMY PARMESAN CHICKEN Broccoli Penne Pasta Peaches Whole Wheat Roll</p>	<p>RAVIOLIS w/ ROASTED RED PEPPER SAUCE (Ricotta Cheese, Mozzarella Cheese, Pasta) Sautéed Spinach w/ Carrots Corn Fresh Orange</p>
28	30	31
<p>PIZZA BURGER (Beef, Mozzarella Cheese, Tomato Sauce; Whole Wheat Hamburger Bun) Mixed Vegetables (Corn, Carrots, Peas, Green Beans) Cauliflower Sweet Muffin</p>	<p>PAPRIKA BAKED CHICKEN THIGH Cole Slaw Mashed Potatoes Peaches Whole Wheat Bread</p>	<p>SPINACH & SWISS OMELET (Egg Omelet, Swiss Cheese, Spinach) Roasted Red Potatoes Warm Apples Berry Applesauce Whole Wheat Roll</p>

"Pay if you wish" for these meals with a suggested, non-mandatory, anonymous donation of \$2.

Those specific donations are sent to and support the Montgomery County Office of Senior Services.

Register online at <https://www.newhorizonsseniorcenter.org/meals-and-deliveries.html> or Call: (610) 664-2366