



| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|--|---|---|---|
| <p>2</p> <p>11:00 Penny Bingo</p> <p>Chicken Cavatappi<br/>Broccoli &amp; Cauliflower Cuts<br/>Cherry Crisp<br/>Carrot Raisin Salad<br/>Breadstick &amp; Milk</p>  | <p>3</p> <p>9:00 Yoga</p> <p>Hamburger Gravy<br/>Mashed Potatoes<br/>Succotash<br/>Tropical Fruit<br/>Dinner Roll &amp; Milk</p>   | <p>4</p> <p><u>1:00 Produce Pick-up</u></p> <p><b>*NO MEAL DELIVERY*</b></p>        | <p>5</p>  <p>Chicken Fajita (Peppers, Onions, Lettuce, Tomato, Cheese, Sour Cream &amp; Salsa)<br/>Roasted Corn &amp; Black Beans<br/>100% Fruit Juice<br/>Tortilla &amp; Milk</p> | <p>6</p> <p>Philly Cheesesteak w/ Bun<br/>Sautéed Onions &amp; Peppers<br/>Battered Cauliflower w/ Ranch<br/>Sour Cream &amp; Cheddar<br/>Macaroni Salad<br/>Pears<br/>Milk</p> |
| <p>9</p> <p>11:00 Penny Bingo</p> <p>Sausage Gravy &amp; Biscuit<br/>Bacon &amp; Cheese Tater Kegs<br/>Warm Applesauce<br/>100% Orange Juice<br/>Milk</p>  | <p>10</p> <p>9:00 Yoga</p> <p><u>11:30 Commodity Box Pick-up</u></p> <p>Monterey Spaghetti<br/>Peas &amp; Carrots<br/>Spiced Peaches<br/>Cucumber &amp; Tomato Salad<br/>Garlic Cheddar Biscuit<br/>Milk</p> | <p>11</p> <p><b>*NO MEAL DELIVERY*</b></p>  | <p>12</p> <p>9:00 Cardio Drumming<br/>12:00 Nutrition Education-<br/>"Be Food Safe"</p> <p>BBQ Pulled Turkey<br/>Baby Bakers<br/>Normandy Blend Veggies<br/>Apple Slices<br/>Dinner Roll &amp; Milk</p>   | <p>13</p> <p>Smoked Sausage w/ Bun<br/>Mashed Potatoes<br/>Sauerkraut<br/>Banana<br/>Butterscotch Pudding<br/>Milk</p>  |
| <p>16</p> <p>11:00 Penny Bingo<br/>11:15 Blood Pressure Checks with Interim</p> <p>Chef Salad (Lettuce, Tomato, Onion, Egg, Ham &amp; Turkey)<br/>100% Fruit Juice<br/>Apple Slices<br/>Dinner Roll &amp; Milk</p> | <p>17</p> <p>9:00 Yoga</p> <p>Chicken Patty w/ Bun<br/>Tater Tots<br/>Corn<br/>Pineapple<br/>Cookie &amp; Milk</p>   | <p>18</p> <p><u>10-1 SFMNP Voucher Pick-up</u></p> <p><b>*NO MEAL DELIVERY*</b></p> | <p>19</p> <p>9:00 Cardio Drumming</p> <p>Chicken &amp; Wild Rice Soup<br/>Turkey &amp; Swiss Croissant<br/>Carrots w/ Ranch<br/>Lime Jell-O w/ Pears<br/>Milk</p>   | <p>20</p> <p>Cheese Omelet<br/>Chicken Sausage Links<br/>Hash Brown<br/>Banana<br/>Yogurt<br/>Bread &amp; Milk</p>  |

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|---|--|--|--|---|
| <p>23</p> <p>11:00 Penny Bingo</p> <p>Meatball Sub on Bun<br/>Scalloped Potatoes<br/>Carrot Coins<br/>Mandarin Oranges<br/>Milk</p>                               | <p>24</p> <p>9:00 Yoga</p> <p>Turkey Tetrazzini<br/>Venetian Blend Vegetables<br/>Apple Crisp<br/>Pasta Salad<br/>100% Juice Sidekick<br/>Dinner Roll &amp; Milk</p> | <p>25 <b>SENIOR DAY!!</b></p> <p>11:30 <i>Curtis Chamberlain</i><br/><i>(There will be <u>NO</u> Home Delivered Meals or Carryout meals today.)</i></p> <p>Cheeseburger on Bun<br/>Potato Salad<br/>Fresh Fruit<br/>Baked Beans<br/>Chocolate Chip Cookie<br/>Milk</p> | <p>26</p> <p>9:00 Cardio Drumming</p> <p>Beef &amp; Noodles<br/>Mashed Potatoes<br/>Peas &amp; Carrots<br/>Chocolate Pudding<br/>Fresh Orange<br/>Dinner Roll &amp; Milk</p> | <p>27</p> <p>BBQ Ribette w/ Bun<br/>Cheesy Hash Brown Casse-<br/>role<br/>California Blend Vegetables<br/>Ambrosia Salad<br/>Milk</p> |
| <p>30</p>  <p>Center closed for<br/>Memorial Day- <b>NO</b><br/><b>MEALS</b></p> | <p>31</p> <p>9:00 Yoga</p> <p>Hot Dog w/ Bun<br/>Roasted Gold Chunk Potatoes<br/>Lima Beans<br/>Coleslaw<br/>Cookie &amp; Milk</p>                                   |   |  |   |



**Soup of the Month:**

**Lasagna Soup with garlic biscuit**

**Take-Out Salads:**

**Choice of toppings and dressings, includes crackers**

**\*Served 11-1. Cost is \$3 each.**

To access ingredient content, visit [www.knohoco.org](http://www.knohoco.org) or call 740-622-4852. Choice of bread & milk. There are no substitutions available.

**Menu subject to change.**

