



# Menu

1 % Milk Served With  
Each Meal

<b>Buttery Lemon Cake</b> A diabetic-friendly recipe	
<b>Ingredients:</b> <ul style="list-style-type: none"> <li>• Cooking spray</li> <li>• 3 cups flour</li> <li>• 2 teaspoons baking powder</li> <li>• 1/4 teaspoon salt</li> <li>• 1 cup butter, room temperature</li> <li>• 1 3/4 cups sugar alternative</li> <li>• 4 eggs</li> <li>• 1 cup milk</li> <li>• 2 teaspoons lemon extract</li> <li>• 2 teaspoons vanilla extract</li> <li>• 1 1/4 tablespoons lemon zest</li> </ul>	<b>Directions</b> <ol style="list-style-type: none"> <li>1. Preheat oven to 325°F. Spray a Bundt pan with cooking spray.</li> <li>2. Combine flour, baking powder, and salt in a medium bowl. Set aside.</li> <li>3. Cream butter and sugar alternative in a large bowl with a hand mixer until fluffy. Mix in eggs, one at a time.</li> <li>4. Gradually add the flour mixture and milk to the butter mixture alternately, stirring after each addition.</li> <li>5. Stir in extracts and lemon zest. Pour into the prepared baking pan.</li> <li>6. Bake 60–65 minutes. Allow to cool before cutting and serving.</li> </ol>

Please call **687-4640** when you will not be home to receive your home delivered meal.

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Dietary Tips</u>  <b>One of the best ways to maintain a healthy body weight: Eat low Fat or Nonfat foods</b>		<u>1</u>	<u>2</u>	<u>3</u>
		Breaded Chicken Patty Wheat Bun Brussels Sprouts Hominy Mixed Fruit Mayo	Sliced Ham Wheat Bread Roasted Potatoes Layer Salad Pineapple Mayo	Meatloaf Parsley Potatoes Cabbage & Carrots Margarine Dinner Roll Sliced Peaches
<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>
Pinto Beans Buttered Corn Mixed Greens Cornbread Margarine Pear Sauce Vinegar	Sliced Turkey Cheese Wheat Bread Cole Slaw Tropical Fruit Oatmeal Cookie Mustard	Pot Roast Mashed Potatoes Sliced Carrots Wheat Bread Margarine Fresh Florida Orange	Chicken Salad Wheat Bread Pickled Beets Tossed Salad Salad Dressing Fresh Apple	Polish Sausage Blackeye Peas Cabbage Whole Grain Bun Tropical Fruit Mustard
<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>
Pimento Cheese White Bread Cream of Broccoli Soup Sliced Peaches Saltines	Baked Chicken Breast Mixed Vegetables Cabbage Wheat Bread Margarine Applesauce	BBQ Pulled Chicken Cheesy Potatoes Green Beans Banana Whole Grain Bun	Sloppy Joe Wheat Bun Parsley Potatoes Sliced Carrots Fresh Apple	Sliced Turkey Whole Wheat Bun Vegetable Soup Raisins Saltines Mustard
<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>
BBQ Pulled Pork Lima Beans California Blend Vegetables White Bread Pudding Pickles	Italian Parmesan Chicken Potatoes Au Gratin Chopped Spinach White Bread Jello W/ Fruit Vinegar	Polish Sausage Blackeye Peas Cabbage Whole Grain Bun Pineapple Mustard	Tuna Salad White Bread Mixed Bean Soup Mandarin Oranges Saltines	Cheeseburger Whole Wheat Bun Vegetable Soup Raisins Saltines Mustard
<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>
<b>Closed Memorial Day</b>	Beef Frank Whole Grain Bun Roasted Potatoes Green Beans Chilled Yogurt Mustard	Pork Roast Stuffing California Blend Whole Wheat Bread Margarine Baked Apples	Theme Day Hamburger Wheat Bun Baked Beans Broccoli Pasta Salad Sherbet Ketchup/onions	Breaded Pork Chops Sweet Potatoes Peas & Carrots Wheat Bread Margarine Fruit Crisp

Donations help provide additional meals at each congregare site. **The Suggested Donation is \$1.50 for meals.** The total cost of the meal is \$4.93. Anyone under the age of 60 who is not a spouse or dependent of a participant must pay full amount and wait to be served until all participants receive their meals