

SENIOR HAPPENINGS

MAY 2012



May at a glance

A Poem to honor our Moms . . .

*“M” is for the million things she gave me,
 “O” means only that she’s growing old,
 “T” is for the tears she shed to save me,
 “H” is for her heart of purest gold;
 “E” is for her eyes, with love-light shining,
 “R” means right, and right she’ll always be,
 Put them all together, they spell “MOTHER,”
 A word that means the world to me.*

Author: Howard Johnson (c. 1915)

*Happy Mothers Day!
 From Judy, Sue, Maggie,
 Ellen, Arelis, Eileen and Lisa*



- ☞ 5/2 Finance Meeting
- ☞ 5/7 Purple Red Hatters non-board Meeting
- ☞ 5/7 Presentation: Congestive Heart Failure
- ☞ 5/7 Mini Trip: Wallingford Wal Mart
- ☞ 5/7 6- Week Program: Stronger Seniors Now
Session One: Goal Setting
- ☞ 5/8 Mother’s Day Brunch followed by our
Senior Songsters Musical Entertainment
- ☞ 5/9 10 week Program: Balance Exercises
by VNA (Free)
- ☞ 5/10 Presentation: Osteoarthritis
- ☞ 5/14 Tri-Town Dinner Tickets go on sale
- ☞ 5/15 Medicare Savings Programs
- ☞ 5/15 Lunch with NHHS Interact Club
- ☞ 5/17 Presentation: Living with Chronic Disease
- ☞ 5/17 Lunch Bunch: Dragon House Restaurant
- ☞ 5/21 Mini Trip: Universal Drive
- ☞ 5/22 Bingo with Moyra from Hamden
Healthcare
- ☞ 5/22 Commission on Aging Meeting
- ☞ 5/23 Presentation: Medicaid Made Clear
- ☞ 5/23 Pasta Dinner with the NHHS Interact Club
- ☞ 5/24 Re-Gifting Auction
- ☞ 5/29 Memorial Day Celebration with our
Senior Songsters

Joyce C. Budrow North Haven Senior Center
189 Pool Road, North Haven, CT

Office: 203-239-5432 ♦ Fax: 203-234-7185

www.town.north-haven.ct.us

Hours: Weekdays 8:00 a.m. to 4:00 p.m.

Manager – Judy Amarone
 Secretary – Maggie Maiden and Ellen McDonald
 Café Manager – Mary Ellen Durso

Program Coordinator – Sue Tienken-Jung
 Bus Drivers – Arelis Adorno, Eileen Mogenson
 and Lisa Marasco



Learn about

- **Congestive Heart Failure** – Monday, May 7, 11:45 a.m. John Lujanac from Montowese Healthcare will present to us how to live with Congestive Heart Failure and the signs and the importance of a doctor's care. Dessert will be sponsored by Montowese Healthcare.
- **Stronger Seniors Now** – Mondays, 1:15 to 2:15 p.m. Beginning May 7. Exciting new 6-week program featuring 30 minutes of strengthening exercise (for all levels) and 30 minutes of nurse led motivational health skills. New topics each week will be discussed - May 7: Goal Setting; May 14: Home Safety; May 21: Fall Prevention; June 4: Medications; June 11: Healthy Diet and June 18: Get your happy back! Cost: \$10.00 per resident; \$15.00 per non-resident. **Please make checks payable to: VNA Community Healthcare.** Sponsored by the VNA Community Healthcare.
- **Balance Exercises** – Mondays & Wednesdays, starting Wednesday, May 9, 10:45 – 11:30 a.m. for 10 weeks. Free to all North Haven Seniors, seats are limited. Please sign up in the office or call 203-239-5432. Provided by: VNA; Funded by: National Fall Grant.
- **Osteoarthritis** – Thursday, May 10, 10:45 a.m. Dr. Joe Mortati from Aftercare Physical Therapy will discuss with us Osteoarthritis and how to live with it.
- **Medicare Savings Programs** – Tuesday, May 15, 10:30 a.m. A representative from the Agency on Aging will be here to present the Medicare Savings Programs. Come and learn about the three Medicare Savings Programs which may help you pay for your Medicare Part B premiums. A household's income determines which category they qualify for. It does not cost anything to apply for or receive benefits from this program. Many people overlook these valuable programs because of their assets – however, these programs eligibility is not determined by your assets but by your monthly income limit.
- **Living with Chronic Disease** – Thursday, May 17, 10:45 a.m. Join us and learn what a chronic condition is, how to be in control and feel better, and ways to live how you want to live. Sponsored by the VNA Community Healthcare.
- **Medicare Made Clear** – Wednesday, May 23, 10:45 a.m. A workshop on Medicare will be held to explain to new and current users how the program works and the options available. The overview will examine the coverage differences between Part A, Part B and Part C, as well as supplements, advantage plans and PDP plans. It will also look at the Medicare Savings Program which provides those who qualify with additional financial assistance to cover prescription drugs and Part B premiums, and discuss the ConnPace program. Bonnie Maynard, of United Healthcare Medicare Solutions, will present the overview and will also be available for questions.

Party with us



- ★ **Mother's Day Brunch** – Tuesday, May 8, 11:30 a.m. Come and celebrate with us with a special mother's day celebration! Menu will be pancakes, waffles with toppings, sausage, ham, scones, orange juice, cranberry juice, coffee or tea. Cost: \$7.00. After brunch, please stay to listen to our very own Senior Songsters with their brand new Spring program.
- ★ **Pasta Dinner with the NHHS Interact Club** – Wednesday, May 23, 5:00 to 7:00 p.m. Come and enjoy an evening with our NHHS Interact Club members – pasta and bingo. Cost: \$3.00 and receive 2 free bingo cards – cost for additional bingo cards, \$.75 cents per card. Reservations will be taken starting May 1st! **Transportation will be available.**
- ★ **Memorial Day Celebration** – Tuesday, May 29, 1:15 a.m. Enjoy an afternoon of sing-alongs with our very own Senior Songsters as we honor our men and women who have and are serving our Country. Red, White and Blue dessert will be served. Please sign up with the office by Thursday, May 24.



Bingo Sponsored by Hamden Healthcare

Tuesday, May 22, 2012
10:30 a.m.

Enjoy a morning of Bingo
with Moyra from
Hamden Healthcare . . .

Prizes – groceries and snacks!

Re-Gifting Auction

Thursday, May 24, 2012
1:00 p.m.

Spring cleaning is in the air!!
And our Auction is back!!
Since we had such a great time
with the auction in January, we decided
to host another!
We are looking for gently used
or new items to auction off!
Please remember –

No clothes,
Pocketbooks or shoes.
All items can be brought
into the Center beginning
Tuesday, May 1.



A Sneak Peak for June

Yale Mammogram Van – Wednesday, June 6, 8:00 a.m. to 2:30 noon. Please call 203-688-6800 to make your appointment.

Document Shred Day – Friday, June 8, 10:30 a.m. More details to follow



Tri-Town Hoe Down – Tuesday, June 12, 5:00 p.m. Doors open at 4:30 p.m. BBQ Dinner will consist of: barbecue chicken, pulled pork, scalloped potatoes, sautéed green beans and strawberry shortcake. Cost: \$15.00 per person and tickets will go on sale on May 14th. Please have checks made payable to the North Haven Senior Center and sign ups will include table assignments as well. Please try to sign up with the people you would like to sit with. Limited space: 75 people per Center. **Transportation will be available.**

Father's Day Fun and Strawberry Shortcake Day – Thursday, June 28, 1:00 p.m. Enjoy an afternoon to honor the special guy in your life – for entertainment we have our new friends, Ben and Al Papson. For a delicious dessert we will be serving strawberry shortcake with home-made biscuits, strawberries and real whipped cream. Cost: \$4.00 for our female friends and \$2.00 for the special guys in our lives. Please sign up with the office by Friday, June 22, 2012.



Volunteers needed . . .

Interested in helping and giving of your time, the Senior Center is looking for volunteers to work in our kitchen. Please call Mary Ellen at 203-239-4030, training will be provided.

Looking for Line Dancers

Do you enjoy dancing?
Do you want to learn all the current line dances?
Come and see what we can offer you . . .



The Center would like to hire a Dance Instructor,
but we need dancers – a maximum of 12 dancers is needed!
Drop by either Monday or Wednesday, 9:00 to 10:00 a.m.
to see what you can learn!



North Haven Senior Songsters

Do you enjoy singing? Is entertaining in your skills?
Then our Center is looking for you!
Come join our North Haven Senior Songsters on
Tuesdays from 1:15 to 2:15 p.m.
The Songsters travel to different local places to perform!
Transportation is available!

CLASSES

Registration and payments are due one week prior to the first day of class!

Beginning April 1, there will be a \$5.00 activity fee for non-residents due quarterly for each activity you would like to join at the North Haven Senior Center.

The North Haven Senior Center will take North Haven Senior residents first, should the class fill, non-residents will be put on a waiting list.

Please see the Office for payment – all checks made payable to:

North Haven Senior Citizen

A class with insufficient enrollment will be cancelled prior to the starting date.

Registrants are notified by telephone if a course must be cancelled.

- **BEGINNER PINOCHLE**

Monday, 1:30 – 3:00 p.m. If you love to play cards and are looking to learn a “new” hand, come join the Beginner Pinochle group.



- **CERAMICS**

Tuesday and Thursday, 9:00 a.m. to 12:00 p.m. Inexperienced people are welcome to join in on the fun. All materials included in the fee. Fee: \$2.00 per week.

- **CHAIR AEROBICS**

Tuesday and Thursday, 10:30 – 11:30 a.m. Chair Aerobics is designed for those who need to exercise while seated. This program focuses on muscle tones, joint flexibility and cardiovascular strength. Pat Velleca will be our instructor. Fee: residents, \$5.00; non-residents, \$10.00.

- **CRAFT CLASSES**

Thursday and Friday, 1:00 – 2:30 p.m. If you know your way around a sewing machine, enjoy working with your hands and spending a nice afternoon helping our craft class please join us on either Tuesday or Thursday afternoon. All items made in the craft class will be sold at our Holiday Bazaar in November.



- **COMPUTER CLASSES**

Two classes on Monday, 9:00 a.m. and 10:30 a.m. and Wednesday, 3:00 p.m. Classes will run for five weeks. The beginner class will show you how to turn the computer on, use Microsoft Word, to show you how to log in and out of your email. And the intermediate class will show you more advance technology, like down- loading pictures from your camera, setup email accounts or facebook. Fee: residents, \$5.00; non-residents, \$10.00.

- **E-Z EXERCISE**

Monday, Wednesday and Friday, 9:30 – 10:00 and 10:00 – 10:30 a.m. Designed for those who need to exercise while seated. This program focuses on muscle tone, joint flexibility, and cardiovascular strength.



- **INTERMEDIATE FOOTLIGHTERS**

Friday, 10:00 – 11:15 a.m. Did you love tap dancing as a child and your mother always told you not to tap in the house? Learn all the updated tap moves by our certified instructor, Judyth Nilsson. Come join in the fun. Fee: \$25.00 per month (if a month has an additional week it will be \$30.00). Tap shoes are needed.

- **LINE DANCING**

Monday and Wednesday, 9:00 - 10:00 a.m. Come join us and learn or better your line dancing skills. A great way to exercise while learning something fun to do in your spare time.



- **OIL PAINTING**

Monday, 12:30 – 2:30 p.m. New Session: Monday, April 16 through Monday, June 25 –

No class on Monday, May 28. Fee: residents, \$20.00; non-residents, \$25.00.

- **INTERMEDIATE MAH JONGG**

Wednesday, 12:00 p.m.

- **KNITTING AND CROCHETING CLASS**

Wednesday, 12:30 – 2:30 p.m.



- **BEGINNER CHAIR YOGA**

Tuesday, 10:00 – 11:30 a.m. Chair Yoga is a gentle yoga practice incorporating stretches sitting on chairs as well as some standing poses. Suitable for all ages anyone who feels uncomfortable getting up and down from the floor in a traditional mat yoga class. Yoga will help to improve posture and breathing, help restore and maintain normal mobility and a healthy range of motion, and help you to grow and expand psychologically and spiritually. This session ends Tuesday, May 15. Fee: residents, \$40.00; non-residents, \$50.00.



- **GENTLE HATHA YOGA**

Thursday, 1:00 to 2:30 p.m. Yoga is a gift! With Yoga, the body remains open and flexible; will strengthen, stretch, tone and relax your entire body. Hatha Yoga combines proper breathing and yoga postures that revitalize the body physically and mentally. This class is designed for those who can get up and down from the floor. This session ends: Thursday, April 19 through Thursday, June 21, 2012. **New Fee:** residents, \$45.00; non-resident, \$50.00.

Did You Know

Judy Amarone, Manager of the Senior Center is the Municipality Agent for the Town of North Haven. She can help the Seniors in many different ways. So if you need help with the following, please call the Center to make an appointment to meet with her, 203-239-5432.

- Medicare, Medicaid, Social Security, Protective Services, Legal Services, SNAP – formerly known as food stamps, transportation needs, etc.

Caregivers Support Group

This group focuses on helping the caregiver to cope with every day stresses and the need to get through issues of dealing with your loved one. The group is led by a licensed clinical social worker and meets every month on the last Thursday of the month at 4:00 p.m. Sponsored by VNA Community Healthcare.

Benefit Quicklinks Information

This program helps you find state, federal, and private benefits programs available where you live. These benefits programs can help pay for prescriptions, health care, food, utilities, and more. You can also get help with tax relief, transportation, legal issues, or finding work. A volunteer is available for you on the first Friday of every month from 10:30 a.m. Please call the Center to make your appointment, 203-239-5432.

Daily and Medical Transportation Information, Scheduled, Mini and Day Trips . . .

Daily Transportation

Transportation to and from the Center is available on weekdays at no charge to the Seniors. This service is curb to curb service. Please call the Center to sign up for your daily transportation by 8:30 a.m. the day you would like to come in. Transportation to lunch on a daily basis is provided from Senior Housing, a 24 hour notice is required to reserve a meal.

Scheduled and Mini Trips

The Senior Center provides transportation to area North Haven businesses at no charge to the Seniors - grocery stores, pharmacies, post office, banks, card shop, hairdressers, barbers, library and town pool. Please see below for scheduled days and times. Please note errands are quick and should last a half hour. Grocery shopping is one and half hour from time of being dropped off. Please be considerate of your time! It is suggested that no more than 3 bags per person. Thank you.

Mondays:

- Mini Trips:
 - ⇒ **Monday, May 7** –
 - Wallingford, WalMart
 - ⇒ **Thursday, May 17** –
 - Lunch Bunch: Dragon House
 - ⇒ **Monday, May 21** –
 - Universal Drive

Tuesdays:

- Hairdressers, Barbers and Nail Salons.
- Town Pool

Wednesdays:

- Errands to include – pharmacies, bank, post office, card shop
- No errands on 5/2**

Thursdays:

- Town Pool

Fridays:

- Grocery Shopping – Big Y or Stop and Shop **Errands and Shopping on 5/4**

Medical Transportation

The Center provides medical transportation to all members of the Center at no charge to the Seniors – we travel to North Haven, New Haven, Hamden and VA Hospital of West Haven. Hours of medical transportation is Monday through Friday, 9:00 a.m. and must be ready to go home by 2:00 p.m. Please call for availability – as soon as you make your appointment, please call to reserve your ride – appointments are taken on a first come basis and unfortunately, not all requests can be fulfilled. If you feel you need assistance going to your medical appointment, feel free to bring a relative, friend or aide at no charge. When making your appointment please indicate if you will be bringing them with you.

No Daily transportation to the Center: May 10th

Daily transportation to the Center ONLY: May 11th

No Medical transportation: May 11th May 14th

Please note: All Scheduled and Mini Trips begin pickups at 10:30 a.m. Reservations for mini trips begin on the first day of the month the trip is scheduled. If scheduled trips fall on a holiday, or any day the Center is closed, there *will not* be a make up during that week for transportation.





Day Trips

- ☞ *Reservations for a Day Trip is noted as the collection date indicated in the description of the trip.*
- ☞ *Full payment is due to secure your reservation. Cash or checks (no credit cards will be accepted). Please make checks payable to: North Haven Senior Citizen.*
- ☞ *Please remember to bring in your emergency contact information, their name and telephone numbers (including work and cell numbers.)*
- ☞ *If you would like to sit together please indicate when signing up who you would like to sit with on the bus and/or theatre.*
- ☞ *If you get motion sickness or have mobility issues please indicate so when reserving spot on the trip.*
- ☞ *There will be **no refunds** unless there is a waiting list at the time of cancellation. If the travel agent or the Center cancels the trip, refunds will be issued. If you need to cancel due to illness or an emergency, please give the Center enough time to fill your spot by calling 203-239-5432.*
- ☞ *Departure and return times are subject to change by the Travel Agent – please be patient with the office staff.*
- ☞ *Please arrive at least 15 minutes prior to departure time. If you are not on time as specified for departure time, the bus will leave without you and there **will not** be a refund issued.*

Queen of Bingo – Monday, June 18, 2012. Upon arrival to the Grand Oak Villa in Oakville you will receive pepperoni, cheese and crackers. Then there is a family style meal which consists of fresh salad with red wine vinaigrette, Italian bread, pasta with homemade house sauce, chicken francaise and pork loin with gravy, roasted potato, vegetable medley, dessert and coffee. Wine for everyone on the tables!! After all this food we will be entertained in the tradition of the hilarious Harvey Korman and Tim Conway sketches from the old Carol Burnett show, comes the stage comedy The Queen of Bingo! “Sis” and “Babe”, two sisters on the other side of 50, want to add a little fun and excitement to their lives but where to find it? BINGO! Jeanne Michels and Phyllis Murphy’s The Queen of Bingo explores the world of Bingo, family ties, diet crazes, widowhood, hot flashes and winning! The audience joins in the fun during the “Middle Bird Special” – a real Bingo game where some lucky audience member wins a FREE 10 lb. frozen turkey at every performance! Theatre goes young and old will howl with laughter as two zany guys, playing two crazy gals, light up the state in the comedy hit The Queen of Bingo! Cost: \$78.00 per person. Sign up today! Departure time: 10:30 a.m. and approximate return time is 4:30 p.m.

Suffolk Downs – Wednesday, July 18, 2012 Join us on a trip to Suffolk Downs for an afternoon of racing overlooking Swan Pond, the Fountain and 30 acres of Irish Green Turf. This includes; roundtrip deluxe motorcoach, luncheon buffet in the Toppers Room overlooking the finish line, clubhouse admission, daily racing program at your table, a race name for our group and betting explanation. Cost: \$54.00 resident, \$59.00 non-resident. Collection Date: Friday, May 25, 2012, 10:30 a.m. Departure time: 10:30 a.m. and approximate return time is 4:30 p.m.

All You Can Eat Lobster and Comedy Show – Wednesday, August 9. We are off again this year to The Delaney House in Holyoke, Massachusetts for the All You Can Eat Lobster deal! Served at your table will be cheese and vegetable platter along with shrimp cocktail and salad, lots of bread to follow. The buffet begins with Lobster, Lobster, Lobster, seafood newburg and non-seafood lovers there will be beef tips marsala with noodles, chicken cordon bleu, variety of salads, baked ziti, dessert and beverage. Following all this wonderful food – Mark Verselli, known as a phenomenal impressionist and comedian will entertain us for the afternoon. Cost: \$90.00 resident, \$95.00 non-resident. Collection Date: Friday, June 8, 10:30 a.m. Departure time: 9:30 a.m. and approximate return time is 5:00 p.m.

Casino: Foxwoods – Thursday, September 6, 2012 Collection date: Friday, August 10, 10:30 a.m. Cost: \$21.00 per person. Departure time: 9:00 a.m. and approximate return time is 5:00 p.m.

The Sicilian Tenors – Thursday, September 20, 2012. A must see show filled with the power and beauty of delightful tenor voices. The Sicilian Tenors: Aaron Caruso, Elio Scaccio & Sam Vitale, take the audience on a romantic journey from Hollywood to Broadway to Italy. Be My Love, O Solo Mio and Nessun Dorma are a few of their selections they will perform with live music. The tenors recently were on stage at Carnegie Hall singing to a sold out audience. Come enjoy the excitement at the Grand Oak Villa in Oakville, CT. Menu consists of: crackers, cheese, pepperoni upon arrival, Family style meal: garden salad, pasta with homemade house sauce, chicken parmesan and sliced roast beef with gravy, potato, vegetable and dessert. Wine for everyone!! Cost: \$78.00 resident, \$83.00 non-resident. Collection Date: Friday, August 24, 10:30 a.m. Departure time: 10:30 a.m. and approximate return time is 4:30 p.m.





Welcome to Our New Members

Priya Rai, Alberta Ann Trent, Carol Goedert, Louis Kaplan & Freda Kaplan



Thank you to the following for your donation:

Ann Alexander, Fran Bartlett, Ed & Rose Buijnarowski, Arlene & Nick D’Angelo, Ann DellaValle, Kathy Klaus, Eleanor Kovach, Jan Rapuano, Tony Selmont, Milly Stankowski, Wanda Stockman, Stop & Shop and A special thank you to Cricket’s Hallmark Shop of North Haven for your candy donation.

Please remember to sign our donations list when making a donation to the Joyce C. Budrow North Haven Senior Center. For those who donated and did not sign our donations list – we greatly appreciate your donation.



Daily Lunch Program

Our Senior Community Café serves a hot, full-course meal on a daily basis at 11:30 a.m. – please read the newsletter for time changes due to a special program or presentation happening at the Senior Center. Menus are available in the newsletter. Suggested donation is \$2.00 and you must be over 60 years of age or disabled. Meal cost \$5.60 for anyone who wishes to participate and does not meet required age.

Please remember to call Mary Ellen at (203) 239-4030 between 9:00 and 11:00 a.m. the previous day to order your lunch.

All meals include bread, butter and milk. Soups, entrees, gravies, sauces, salad dressings and desserts are low fat and low sodium.





Happy Birthday to You

Judy, Sue, Maggie, Ellen, Arelis, Eileen and Lisa
wish you a fun filled year with much
happiness and good health!

Dolores Altieri
Mary Beardsley
Stella Brightman
Edith Casey
Evelyn Collins
Doreen Corcoran
Ann Marie Criscuolo
Joan Mae Daniels
William Doty
Carmella Freeman
Elaine Giannotti
Doris Greco
Howard Hankin
Linda Harder
John Herpok
Mary Kennel
Flora Kuhn
Eleanor Magnotti
Lucille Martindale
Jeanette Messina
Lorraine Murphy
Alexander Nuzzo
Joseph Papa
Angelo Pereira
Emma Prunier
Dominic Savo
Georgianna Stamp
Victoria Tomaso
Nancy Webb
Gerald Williams

John Amato
Virginia Bernardo
Stephen Carulli
Emma Casinghino
Joseph Colomonico
George Coulston
Eleanor Criscuolo
Lori Deans
Jose Escalante
Joseph Fusaris
Robert Giannotti
Cathy Grimaldi
Michael Hankin
Hank Harman
Muriel Howe
Eva Kitsos
Rita Landino
Mary Malicki
Marie Mason
Mary Ann Mitchell
Julia Natarelli
Lorraine O'Hare
Roberta Parenteau
Ann Piombino
Jo-Ann Robinson-Gorman
Mary Ann Seastrand
Shirley Theilgard
Ceil Vece
Carolyn Westerfield

Anne Amatruda
Teresa Bramble
Paula Caruso
Marge Ceneri
Catherine Comstock
Arline Cretella
Albert D'Amato
Rita DellaVolpe
Eileen Fletcher
Louis Gerbi
Carmel Giovanni
Frieda Halkovetz
Eum Soon Hanson
Irma Helbron
Frances Johnson
Aileen Kolinsky
Margaret Lufbery
James Marra
Louis Melillo
William Mulligan
Evelyn Norman
Joseph Palmisano
Roland Parenteau
Julia Pohoda
Rosemarie Salerno
Helen Sobolewski
Maryann Timoteo
Frank Velardi
Jean Wetherell

FSW, INC. - NEW HAVEN SENIOR COMMUNITY CAFÉ

Nutrition for mind, body and spirit

May 2012

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| All Soups come with unsalted Crackers *The dessert is the same for both meals All Soups and Entrees Gravies, Sauces, and Salad Dressings and Desserts are Low Fat and Low Salt | Grape Juice Salisbury Steak w/Gravy Whipped Potatoes Cut Green Beans Whole Wheat Bread Oatmeal Raisin Cookie | Cranapple Juice Teriyaki Chicken White Wild Rice Combo California Blend Vegetables Rye Bread Seasonal Fresh Fruit | Sausage and Peppers Roasted Potatoes Broccoli Kaiser Roll Black Forest Cake | 100% Fruit Punch Spaghetti & 3 Meatballs w/Tom. Sauce Tossed Salad w/Sl. Black Olives Italian Dressing- 2 pkts. Italian Bread Fresh Fruit Cup |
| 7 | 8 | 9 | 10 | 11 |
| Grape Juice Phillie Cheese Steak w/Mozzarella cheese Tossed Garden Salad French Dressing-2 pkts. 6" Grinder Roll Special Cookie | Cream of Broccoli Soup Crackers Hot Grilled Chicken w/Gr. Petite Corn Belgian Carrots Whole Wheat Sandwich Roll (no seeds) Pineapple Tidbits | Apple Juice Sl. Ham w/Pineapple Glaze Sweet Potatoes Petite Peas Rye Bread Applesauce | MOTHER'S DAY CELEBRATION Cranapple Juice Roast Turkey w/Gravy Stuffing w/Gravy Cranberry Sauce Mixed Vegetables Whole Wheat Dinner Roll Lemon Layer Cake | 100% Fruit Punch Fish Fillet Sauce/Tartar Sauce Lemon Wedge Fluffy Brown Rice Tossed Salad w/Tomato French Dressing - 2 pkts. Corn Muffin Sliced Pears |
| 14 | 15 | 16 | 17 | 18 |
| Turkey Kielbasa Sauerkraut Mustard - 2 pkts. Boiled Potatoes California Blend Vegetables Hot Dog Roll Ice Cream Cup | Apple Juice Lindley's Chicken Stew Tossed Salad w/Tomato Thousand Island Dressing-2 Whole Wheat Dinner Roll Strawberry Shortcake | Cavatelli w/Marinara Sce Parmesan Cheese Zucchini Coins Tossed Salad w/Sl. Black Olives Italian Dressing -2 pkts. Italian Bread Sliced Peaches | 100% Fruit Punch Beef Stew- 1 1/2 cup w/1/2 c. Potatoes and 1/2 carrots over Egg Noodles Rye Bread (no seeds) Special Cookie | Rhode Island Clam Chowder Tunafish Salad on bed of Lettuce/Tomato Plate w/Pickled Beet Salad Whole Wheat Sandwich Roll Fresh Fruit Cup |
| 21 | 22 | 23 | 24 | 25 |
| Sl. Thin Select Roast of Beef Au Jus Butternut Squash Cubes California Blend Veg. Whole Wheat Dinner Roll Apple pie | Pineapple Juice Meatloaf w/Chunky Tom. Sauce Whipped Potatoes w/Gravy Spinach Pumpernickel Bread Very Ripe Seasonal Fresh Fruit | Italian Wedding Soup BBQ Rib Pattie Tossed Green Salad w/Sl. Red Onion French Dressing - 2pkts. Petite Peas 4" Grinder Roll Chocolate Chip Cookie | MEMORIAL DAY CELEBRATION 100% Fruit Punch LF LS Hot Dog - footlong Baked Beans Mustard/Ketchup- 2 pkts Creamy Cole Slaw 1/2 c. Hot Dog Roll Watermelon Ice | Cream of Mushroom Soup Marinated Cold Chicken Breast Plate on Lettuce/Tomato 3-Bean Salad Whole Wheat Sandwich Roll (no seeds) Mandarin Orange Slices |
| 28 | 29 | 30 | 31 | |
| MEMORIAL DAY HOLIDAY NO LUNCH PROGRAM | BIRTHDAY CAKE DAY GrapeJuice Veal Parmesan Ziti w/Marinara Sce. Tossed Salad w/Sl. Black Olives Italian Bread Birthday Cake | New Orleans Mandarin Chicken Brown Rice Oriental Vegetable Whole Wheat Dinner Roll Sliced Pears | Pineapple Juice Chef's Salad Chicken, Ham, Cheese & Cherry Tom. on a Bed of 1 c. Lettuce Potato Salad Creamy Cole Slaw Pumpernickel Bread Vanilla Pudding w/Topping | All Rolls are Seedless All White Rice is Enriched All non-citrus juices are Vitamin C Fortified |
| MINIMUM PORTIONS SERVED AT EACH MEAL: 1c Milk - 1% or equivalent 1c Vegetable and Fruit or equivalent 2oz. Protein 1 pat Margarine and 2 Bread servings or equivalent (enriched or whole grain) | | | | |