

## Forsyth Senior Center Menu May 2022

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>2 Arthritis Exercise</b></p> <p style="text-align: center;">Sloppy Jo's French Fries Vegetable Salad Fruit</p>	<p><b>3 Wheel of Fortune</b></p> <p style="text-align: center;">Oven Pork Chops Mashed Potatoes Green Beans Apple Slices</p>	<p><b>4 Advanced Yoga</b></p> <p style="text-align: center;">Ham &amp; Cheese Sandwich Cheesy Broccoli Soup Pineapple Cake</p>	<p><b>5 Bingo</b></p> <p style="text-align: center;">Chicken Alfredo Tossed Salad Cherry Cheesecake</p>	<p><b>6 Arthritis Exercise</b></p> <p style="text-align: center;">Salisbury Steak Potato Salad Mixed Vegetables Fruit</p>
<p><b>9 Arthritis Exercise</b></p> <p style="text-align: center;">Tuna Casserole Peas &amp; Carrots Lemon Pudding Fruit</p>	<p><b>10 Birthday Day</b></p> <p style="text-align: center;">Spaghetti Coleslaw Green Beans Cake &amp; Ice Cream</p>	<p><b>11 Advanced Yoga</b></p> <p style="text-align: center;">Pimento Cheese Sandwiches Chicken Noodle Soup Fruit Crisp</p>	<p><b>12 Bingo</b></p> <p style="text-align: center;">Cook's Choice</p>	<p><b>13 Arthritis Exercise</b></p> <p style="text-align: center;">Sweet &amp; Sour Meatballs Mashed Potatoes Mixed Vegetables Fruit</p>
<p><b>16 Arthritis Exercise</b></p> <p style="text-align: center;">Beef &amp; Noodles Copper Penny Salad Peas Fruit</p>	<p><b>17 Crafts</b></p> <p style="text-align: center;">Taco Tuesday</p>	<p><b>18 Advanced Yoga</b></p> <p style="text-align: center;">Deli Sandwiches Tomato Macaroni Soup Fruit Cobbler</p>	<p><b>19 Bingo</b></p> <p style="text-align: center;">Weiners &amp; Kraut Potatoes Mixed Vegetables Fruit</p>	<p><b>20 Arthritis Exercise</b></p> <p style="text-align: center;">Meatloaf Oven Potatoes Creamed Peas Peaches Cookies</p>

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<b>23 Arthritis Exercise</b>  Shepherd's Pie Tossed Salad Fruit Salad Bars	<b>24 Card Social</b>  Cook's Choice	<b>25 Advanced Yoga</b>  Minestrone Soup Cornbread Fruited Jell-o	<b>26 Bingo</b>  Breakfast Casserole Vegetable Salad Fresh Fruit	<b>27 Arthritis Exercise</b>  BBQ Pork on a Bun Pasta Salad Carrot Raisin Salad Apple Slices
<b>30 Arthritis Exercise</b>  Chicken ala King Rice Stir Fry Vegetables Fruit	<b>31 Chair Exercises</b>  Burgers on a Bun Potato Salad Green Salad Fruit	<b>June 1 Advanced Yoga</b>  Ham Veggie Soup Corn Bread Fruit Crisp	<b>2 Bingo</b>  Baked Cod Oven Potatoes Peas & Carrots Fruit	<b>3 Arthritis Exercise</b>  Goulash Coleslaw Corn Gingerbread Lemon Sauce

PLEASE CALL BY 9:30 346-2878 - ALL MEALS SUBJECT TO CHANGE - SUGGESTED SENIOR DONATION \$4.00 NON-SENIORS \$7.00 - ALL MEALS SERVED WITH WATER, COFFEE, TEA, JUICE, AND 2% MILK