








Sun	Mon	Tue	Wed	Thu	Fri	Sat
MAY EVENTS May 3 & 4—Chartiers—Art Show 412-276-5056 May 7—Imperial—Senior Safe Driving Class 724-218-1669 May 11—Highmark Walk 412-464-1300 x-145 May 23—Mon Valley—Senior Picnic, Renzie Park 412-664-5434			Older Americans Day 1 Chicken Breast w/ orange glaze, gourmet potatoes, green beans & almonds, Boston crème roll Cal 733	2 Rotini in Beef Meat Sauce, broccoli flo- rets, Italian bread, orange Cal 633	3 Turkey w/gravy, savory potatoes, carrots, multi-grain bread, apricots Cal 615	4
5 	6 Tuna Burger, cabbage & noodles, stewed tomatoes w/ zucchini, bun, cantaloupe cuts Cal 659	7 Roast Beef w/ tomato gravy, Au gratin potatoes, yel- low & green beans, bread, orange Cal 634	8 Chicken ala King turkey in sauce, brown rice , broccoli & carrots, bread, apricots Cal 607	9 Beef Meatloaf w/ gravy, garlic whipped potatoes, peas, wheat bread, red delicious apple Cal 705	10 Mandarin Chicken Salad, potato salad, triple bean salad, dinner roll, banana Cal 667	11  Highmark Walk for a Healthy Community Fundraiser 2019
12 	13 Swiss Steak w/ tomato & onions in gravy, rice pilaf, vegetable medley, rye bread, orange Cal 681	14 Grilled Chicken Breast w/mushroom gravy, yams, broccoli florets, honey wheat bread, apricots Cal 614	15 Roast Beef Sand- wich w/provolone, coleslaw, onion, corn & tomato salad, whole wheat bun, yellow apple Cal 685	16 Turkey Meatballs in Teriyaki Sauce, scalloped potatoes, green beans, bread, pineapple tidbits Cal 602	17 Birthday Menu Beef Stuffed Pepper, whipped Potatoes, yellow squash & yel- low beans, bread, jelly roll Cal 691	18 
19	20 Sliced Pork w/ gravy, whipped pota- toes, mixed vegeta- bles, dinner roll, pineapple cuts Cal 632	21 Tuna Salad, pota- to salad, marinated cucumbers, 2 slices tomato, rye bread, gala apple Cal 640	22 Beef Porcupine Meatballs in sauce, noodles, green beans, honey wheat bread, orange Cal 700	23 Herb Baked Chicken Breast w/ gravy, yams, broccoli florets, bread, fruit cocktail, graham crackers Cal 652	24 Roast Beef w/ gravy, savory potatoes, tossed salad, whole wheat bread, banana Cal 623	25
26	27 	28 BBQ Beef, ha- luski, orange glazed carrot coins, wheat bun, fruit cocktail Cal 669	29 Boneless Pork Loin w/Dijon sauce, lemon potatoes, broc- coli florets, rye bread, applesauce Cal 598	30 Springs w/Beef Meatballs & sauce, tossed salad, Italian bread, banana Cal 705	31 Grilled Chicken Breast w/lemon sauce, gourmet potatoes, peas w/pearl onions, honey wheat bread, orange Cal 663	