



May 2022 Menu

For the safety of yourself and others, please wear a mask when accepting your meals.

Menu may change without notice.

Special Diet meals may be different than stated on the menu to meet dietary requirements.

If you receive one meal per day, you will be served the hot meal. You will only be served the cold meal if you receive two meals per day.

If you have any questions about your meals or items on the menu, please call Dunkirk-Fredonia Meals on Wheels at (716) 366-8822.

Meal inquires can be sent to:
196 Newton Street,
Suite 5, Fredonia, NY
14063.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<p>Hot Meal: Roast Pork Loin with Herb Seasoned Gravy, Corn, Scalloped Apples Cold Meal: Egg Salad with White Bread</p>	<p>Hot Meal: Lasagna Roll with Meat Sauce and Mozzarella, California Mix Vegetable, Green Beans Cold Meal: Chicken Salad with Wheat Bread</p>	<p>Hot Meal: Meatloaf with Swiss Gravy, Mashed Potato, Peas with Pearl Onions Cold Meal: Peanut Butter and Jelly with Wheat Bread</p>	<p>Hot Meal: Baked Rigatoni with Italian Sausage, Tomato Sauce and Mozzarella; Cauliflower, Country Cottage Vegetables Cold Meal: Egg Salad with Rye Bread</p>	<p>Hot Meal: Cheese Omelet with Cheese Sauce, Tater Tots, Peppers, Onions and Tomatoes Cold Meal: Turkey with White Bread</p>
9	10	11	12	13
<p>Hot Meal: Breaded Boneless Pork Chop with Gravy, Lazy Pierogi, Harvard Beets Cold Meal: Chicken Pasta Salad with Wheat Bread</p>	<p>Hot Meal: Ancho Chicken Fajita Skillet with Peppers, Onions, Salsa and Cheddar Cheese; Spanish Rice, Fiesta Corn Cold Meal: Roast Beef with Multigrain Bread</p>	<p>Hot Meal: Chicken Picatta with Lemon Caper Sauce, Roasted Rosemary Potatoes, Broccoli Florets Cold Meal: White American Cheese with Wheat Bread</p>	<p>Hot Meal: Stuffed Shells with Tomato Meat Sauce and Mozzarella, Seasoned Spinach with Mushrooms, Cauliflower Cold Meal: Tuna Salad with Rye Bread</p>	<p>Hot Meal: Breaded Chicken Breast with Herb Gravy, Mashed Potatoes, Lima Bean Bake Cold Meal: Ham with Wheat Bread</p>
16	17	18	19	20
<p>Hot Meal: Pork Ribette with BBQ Sauce, Scalloped Potatoes, Peas with Red Pepper Cold Meal: Chicken Salad with Cranberries and Wheat Bread</p>	<p>Hot Meal: Beer Battered Fish, Broccoli, Carrots Cold Meal: Cottage Cheese with Fruit Garnish and Rye Bread</p>	<p>Hot Meal: Roast Beef with Gravy, Mashed Potatoes, Mixed Vegetable Cold Meal: American Cheese with White Bread</p>	<p>Hot Meal: Beef Stew with Vegetables, Brussels Sprouts Cold Meal: Egg Salad with Rye Bread</p>	<p>Hot Meal: Ham Steak with Crushed Pineapple Topping, Mashed Sweet Potatoes, Broccoli Florets Cold Meal: Chicken Breast with Wheat Bread</p>
23	24	25	26	27
<p>Hot Meal: Stuffed Pepper with Tomato Meat Sauce, Garlic Mashed Potato, Corn Cold Meal: Tuna Salad with White Bread</p>	<p>Hot Meal: Cheese Tortellini with Chicken and Roasted Red Pepper Sauce, Carrots, Italian Vegetables Cold Meal: Meatloaf with Wheat Bread</p>	<p>Hot Meal: Turkey Breast with Gravy, Mashed Butternut Squash, Green Beans Cold Meal: Peanut Butter and Jelly with White Bread</p>	<p>Hot Meal: Sloppy Joe, Cheesy Mashed Potatoes, Broccoli Cold Meal: Tuna Salad with White Bread</p>	<p>Hot Meal: Polynesian Chicken, California Blend Vegetables, Zucchini and Summer Squash Cold Meal: Hard Boiled Eggs with Wheat Bread</p>
30 – Memorial Day	31			
Closed in observance of Memorial Day	<p>Hot Meal: Vegetable Quiche with Cheese Sauce, Spinach, Harvard Beets Cold Meal: Turkey with Italian Bread</p>			