

May Lunch Menu at OPC

Enjoy a delicious lunch in the OPC Dining Room, Monday thru Friday at 12:00 pm
 Please call by 11:00 am the day before or for a meal on Monday call by 11:00 am on Friday. Call 248-656-1403 Ext. 0.
 60 and Over - \$3 suggested donation | Under 60 - \$4 charge

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Hamburger Stroganoff Peas and carrots Romaine Garden Salad w/Garbanzo Beans Apple Crisp	2 Ham Au Gratin Potatoes Roasted Brussel Sprouts Tapiocca Pudding w/Pineapple	3 Polish Sausage on Bun Potato Salad Baked Beans Sauerkraut Fresh Fruit Salad	4 Chicken Monterey Chopped Kala Greens Red Skin Potatoes Ambrosia	5 Italian Ravioli Broccoli Cuts Romaine Garden Salad w/Garbanzo Beans Tanjulin
8 Stuffed Cabbage Mashed Potatoes Kale Salad Fruit Medley	9 Roasted Vegetable Lasagna Italian Blend Romaine Garden Salad Green Grapes	10 Chicken Kiev Asparagus Chive Potatoes Citrus Fruit Cup	11 Macaroni and Beef Zucchini Cole Slaw Healthy Fruit Salad	12 Grilled Turkey Burger Beans Calico Romaine Salad Watermelon
15 Chicken Patty Rosemary Roasted Potatoes Creamy Style Corn Fruit Cup w/Yogurt	16 Pork Chop w/Suaerkraut Green Beans Red Skin Potatoes Peach Slices	17 Tex-Mex Salisbury Steak Mashed Potatoes Mexican Corn Banana	18 Sweet & Sour Chicken Cole Slaw w/Green Pepper Capri Blend Brown Rice Orange	19 Pollock Almondine Red Skin Potatoes Succatosh Pear
22 Mac and Cheese Baby Beets Vegetable Slaw Corn Muffin Citrus Fruit Cup	23 Meatloaf Whipped Potatoes Dilled Carrots Fruit Mixed Cup	24 Bar B Q Chicken Potato Salad Broccoli Salad Red Apple	25 Pork Chow Mein Oriental Blend Oriental Salad Brown Rice Pineapple Ring	26 Pizza Supreme Romaine Garden Salad Three Bean Salad Cookie Red Grapes
29 BUILDING CLOSED MEMORIAL DAY	30 Amish Yamsetti Broccoli Cuts Romaine Garden Salad w/Garbanzo Beans Mixed Melon	31 Pork Roast w/Gravy Whipped Sweet Potatoes Asparagus Romaine Garden Salad Glorified Fruit Salad	HAPPY BIRTHDAY LUNCH Thur May 4 11:45 am - 12:30 pm Seniors celebrating birthdays will receive a complimentary lunch. PLEASE SIGN UP FOR LUNCH by 11 am on Wed, May 3 and identify yourself as a "Birthday Senior". Call 248-656-1403 ext. 0.	

Older Persons' Commission • 650 Leticia Drive • Rochester, MI • 48307 • 248.656.1403



The Senior Nutrition Program of the Area Agency on Aging 1-B is funded in part by the Federal Older Americans Act and the Michigan Department of Health & Human Services (MDHHS)/Aging and Adult Services Agency (AASA) and complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended, and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodations will be provided upon notification or request. **Contact information: www.aaa1b.org • 1.800.852.7795**