



May 2022
Eastside Meals 612-277-2529

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2	3	4	5	6	7	8
Sweet and Sour Chicken Rice Pilaf Green Peas Fresh Fruit Dinner Roll/Butter	Beef Stroganoff w/ mushrooms, onion and peas Buttered Noodles Carrots Dinner Roll/Butter Fresh Fruit Blueberry Muffin	Chicken Cordon Bleu Orzo Florentine Green Beans Fresh Fruit French Silk Pie	Hamburger French Fries Corn Bun, Ketchup, Mustard Fresh Fruit Vanilla Pudding	Swiss Steak w/Stewed Tomatoes Mashed Potatoes Gravy Mixed Veggies Dinner Roll/Butter Chocolate Cake	Frozen: Spaghetti and Meatballs	Frozen: Wholegrain Pancakes
9	10	11	12	13	14	15
Tilapia w/Lemon Sauce White Rice Peas Dinner Roll/Butter Fruit Sugar Cookie Alt: Chicken Breast	Cheese Omelet Turkey Sausage Links Tri-Tators Biscuit w/Jelly Fresh Fruit Chocolate Chip Cookie Ketchup Fruit Juice (No Milk)	Sesame Chicken Salad w/Greens Popcorn Chicken Sesame Vinaigrette Fresh Fruit Brownie	Chicken Breast w/ Mustard Sauce Mashed Potatoes w/ Gravy California Mixed Veggies Dinner Roll/Butter Orange Jello w/Whipped Topping	Swedish Meatballs w/ Gravy Buttered Noodles Broccoli Fresh Fruit Churros	Frozen: Black Bean Burritos	Frozen: Beef Lo Mein
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

16	17	18	19	20	21	22
Baked Lasagna Green Peas Garlic Bread/Butter Fresh Fruit Chocolate Pudding w/ Whipped Topping	Beef Stew w/Broccoli White Rice Sliced Bread/Butter Fruit Sugar Cookie	Cabbage Roll w/ Stewed Tomatoes Mashed Potatoes Mixed Veggies Fresh Fruit Rye Bread/Butter Pumpkin Bar	BBQ Chicken Breast Cole Slaw Potato Salad Dinner Roll/Butter Fresh Fruit Angel Food Cake w/ Strawberry Topping	Turkey Meatloaf Gravy Mashed Potatoes Buttered Corn Fresh Fruit Dinner Roll/Butter Brownie	FROZEN: Veggie Frittata	FROZEN: Seafood Fettuccine
23	24	25	26	27	28	29
Chicken Parmesan Penne Pasta w/Marinara Italian Mixed Veggies Garlic Bread/Butter Fresh Fruit Chocolate Chip Cookie	All Beef Hot Dog Baked Beans Coleslaw Bun, Ketchup, Mustard Peach Crisp w/Whipped Topping	Pot Roast Mashed Potatoes Gravy Glazed Carrots Hawaiian Bread/Butter Chocolate Cake w/White Frosting	Pork Loin Mushroom Sauce Roasted Potatoes Dinner Roll/Butter Corn Lemon Bar Fresh Fruit Alt: Chicken Breast	Country Fried Steak w/ Gravy Mashed Potatoes Green Beans Fresh Fruit White Cake w/Chocolate Frosting	FROZEN: Beef and Bean Chili	FROZEN: French Toast
30	31	1	2	3	4	5
Memorial Day, we are closed. A frozen cheese omelet will be sent out on Wed. the 25th that is intended to be eaten today.	Hamburger French Fries Corn Bun, Ketchup, Mustard Fresh Fruit Blonde Brownie	Roast Turkey w/Gravy Mashed Potatoes California Mixed Veggies Dinner Roll/Butter Fresh Fruit Sugar Cookie	Chicken Caesar Salad Chicken Strips Caesar Dressing Dinner Roll/Butter Fresh Fruit Brownie	Breaded Pollock White Rice Corn Multi-grain Bread/Butter Tartar Sauce Fresh Fruit Churros Alt: Chicken Breast	FROZEN: Salisbury Steak	FROZEN: Chicken Stir Fry