



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Italian Vegetable Flatbread, Seasoned Spinach, Diced Carrots, 100% Juice *Higher Sodium Meal	2 Bean & Cheese Enchiladas, (pinto beans, corn tortilla, salsa, cheese), Spanish Rice, Fiesta Lime Corn, Spiced Pineapples	3 Meatloaf with VT Beef , Mashed Potatoes & Gravy, Roasted Zucchini, Warm WG Dinner Rolls, Homemade Pudding Parfait	4 Breaded Pork Chop with Warm Cornbread, VT Maple Winter Squash, Capri Vegetable, Mandarin Oranges	5 Tuna Salad Plate Tuna Salad over Greens & Tomato Wedges, Sliced Cucumbers, Pickled Beets, WG Oatmeal Round
8 Sweet & Sour Meatballs w/ Pineapple & Green, Peppers over WG Rice, Stir Fry Vegetables, Seasoned Broccoli, Dried Fruit	9 Chicken & Biscuit (peas, carrots, gravy, WG biscuit), Winter Squash, Warm Fruit Crisp	10 BBQ Pulled Pork on WG Roll, Sweet Potato Fries, Seasoned Green Beans, Coleslaw, Blueberry Bread Pudding	11 Chicken Bruschetta Pasta, Four Way Vegetable, Diced Beets, WG Blueberry Muffin	12 Caesar Salad Boat Grilled Chicken with Romaine, Texas Toast, Seasonal Fresh Fruit *Higher Sodium Meal
15 Roasted Hotdog on WG Bun, Maple Baked Beans, Five Way Vegetables, Raisins	16 Oven Baked Three Cheese Tomato Ziti, Tuscan Vegetables, Warm Zucchini Bread *Higher Sodium Meal	17 Ham & Cheese Quiche, Roasted Sweet & White Potatoes, Italian Diced Tomatoes, Cottage Cheese & Pineapple, Happy Birthday Carrot Cake	18 Marinated Chicken Breast over WG Rice Pilaf, Fiesta Lime Corn, Steamed Broccoli, WG Pumpkin Muffin	19 Potato Salad Plate Potato Salad over Greens & Hardboiled Egg, Three Bean Salad, Fresh Melon Chunks, WG Dinner Roll
22 Stuffed Shells with Marinara Sauce, Steamed Broccoli, Tuscan Vegetables, WG Bread, Dried Fruit *Higher Sodium Meal	23 Sloppy Joe w/ VT Beef , over Baked Sweet Potato, Capri Vegetables, Warm Corn Bread	24 Butternut Squash Lasagna, Steamed Spinach, Italian Seasoned Diced Tomato, Strawberry Shortcake	25 American Chop Suey with VT Beef , Seasoned Cauliflower, Five Way Vegetables, Texas Toast	26 Garden Salad Boat Grilled Chicken Tossed with VT Maple Balsamic, WG Banana Bread, Seasonal Fresh Fruit
29 CLOSED Memorial Day Please call by May 19 to let us know if you would like a frozen meal for this day 802-888-5011 ext. 0	30 Mild Garden Chili with VT Beef , Seasoned Broccoli, Warm Pumpkin Bread	31 VT Glazed Ham & Raisin Sauce, Mashed Potatoes, Peas, California Vegetables, Gingerbread & Whip Topping *Higher Sodium Meal		

A friendly reminder that we cannot leave your meal in a cooler.

If you will not be home to receive your meal, please call MOW to make other arrangements. 802-888-5011 ext. 0

***Menu Subject to Change**



Spring Word Search



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SPRING
MAY
GREEN
WARM
UMBRELLA



MARCH
FLOWERS
GRASS
SHOWERS
EASTER



APRIL
BASEBALL
SUNSHINE
RAIN
BIRDS



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Carrot Cake Oatmeal

1 bowl

INGREDIENTS

- 1/2 Cup old-fashioned oats
- 1/2 Cup shredded carrots
- 3/4 Cup water or milk
- 1 Tsp cinnamon
- Optional add ins: 1 tbsp maple syrup or 1 tsp vanilla extract, walnuts, raisins, yogurt.

DIRECTIONS

1. Boil 3/4 cup water or milk over a stove in a small saucepan.
2. Once boiling, add in oats, cover and reduce heat for 3-5 minutes.
3. Once oats have softened, stir in cinnamon, carrots, and maple syrup or vanilla extract if desired. Mix over medium heat for 2-3 minutes until no milk or water is left.
4. Add in nuts, raisins or yogurt as desired. Serve hot!

*Recipe adapted from Plant Based on a Budget



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This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.

OLDER AMERICANS MONTH



AGING UNBOUND: MAY 2023