



May 2023

4th Street Diner

Linda Lough- (319) 472-4761

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To sign up for an early copy of the menu please send an email to llough@hacap.org and write "Menu Request" in the Subject Line.</p>	<p>1 Chicken A La King Biscuit Carrots Mixed Fruit Cookie Milk</p>	<p>2 Spaghetti w/Meat Sauce Garlic Bread Corn Pears Chocolate Pudding Milk</p> <p><i>Blood Pressures 11:15-12:15</i> <i>10 Cent Bingo</i></p>	<p>3 Stuffed Chicken Breast Party Potatoes Green Beans Applesauce Blueberry Pretzel Dessert Bread/Milk</p>	<p>4 Sloppy Joe Bun Oven Browned Potatoes Pea Salad Fresh Fruit Fruited Jello Milk</p>	<p>5 Ham & Egg Casserole Tri Tator Fruit Compote Pastry Bread/Milk</p>
	<p>7 Roast Turkey Mashed Potatoes/Gravy Carrots Mixed Fruit Cake Bread/Milk</p>	<p>8 Scalloped Ham & Potatoes Green Beans Pears Fruit Crisp Bread/Milk</p>	<p>9 Beef Tips Rice Broccoli Fresh Fruit Vanilla Pudding Bread/Milk</p>	<p>10 Chicken Noodle Casserole Beets Peaches Cereal Bar Bread/Milk</p>	<p>11 Meatloaf Mashed Potatoes/Gravy Peas Pears Bread Pudding Bread/Milk</p>
<p>14 Roast Pork Mashed Potatoes/Gravy Spinach Peaches Cake Bread/Milk</p>	<p>15 Swedish Meatballs Parslied Potatoes Carrots Mixed Fruit Granola Bar Bread/Milk</p>	<p>16 Chicken Pot Pie Beets Pears Chocolate Pudding Bread/Milk</p> <p><i>Blood Pressures 11:15-12:14</i> <i>10 Cent Bingo</i></p>	<p>17 Glazed Ham Balls Sweet Potatoes Cauliflower Pineapple Lime Delight Bread/Milk</p>	<p>18 Savory Chicken Breast Seasoned Rice Stewed Tomatoes Applesauce Cookie Bread/Milk</p>	<p>19 Lasagna Garlic bread Coleslaw Fresh Fruit Dessert Bar Milk</p>
<p>21 Chicken Strips Mashed Potatoes/Gravy Corn Pears Cake Bread/Milk</p>	<p>22 Polish Sausage Bun Macaroni & Cheese Sauerkraut Applesauce Dessert Bar Milk</p> <p><i>Fresh Conversations 12:30 pm</i></p>	<p>23 Crispy Pollack Oven Browned Potatoes Coleslaw Fresh Fruit Fruit Crisp Bread/Milk</p>	<p>24 Salisbury Steak Mashed Potatoes/Gravy Carrots Mixed Fruit Butterscotch Pudding Bread/Milk</p>	<p>25 Chicken Broccoli Rice Casserole Beets Peaches Dessert Bar Bread/Milk</p>	<p>26 Beef Stew Cornbread Brussel Sprouts Apricots Rice Pudding Milk</p>
<p>28 Baked Ham Parslied Potatoes Green Beans Peaches Cake Bread/Milk</p>	<p>29 <i>Memorial Day</i> </p>	<p>30 Crispy Chicken Patty Bun Baked Beans Tomato Spoon Salad Peaches Cookie Milk</p>	<p>31 Bacon Cheeseburger French Fry Casserole Beets Mixed Fruit Dessert Bar Bread/Milk</p>	<p> 10 Cent Bingo with Keith for On-Site Meal Participants starts at 12:15 pm.</p>	

*** All menu items are subject to change if it reduces food costs. ***