

To cancel your meal, please call
321-639-8770

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 1 *BBQ Pork on WG Bun Brown Rice w/ Diced Carrots Collard Greens Grapes	May 2 Sloppy Joe Black Beans Raisins Peach Cobbler WW Hamburger Bun	May 3 Kielbasa w/ Peppers, Onions & Diced Potatoes Beets Fruit Cocktail WW Roll	May 4 Chicken Parmesan Penne Pasta Sliced Carrots Banana WW Roll	May 5 Salisbury Steak w/ Mushroom Gravy Whipped Potatoes Succotash Pears WW Roll
May 8 Penne Pasta Homemade Meat Sauce Italian Green Beans Diced Peaches WW Roll	May 9 Chicken Florentine Rice Pilaf Peas, Corn & Green Beans Fruit Cocktail WW Roll	May 10 *Beer Bratwurst Steamed Cabbage German Potato Salad Cinnamon Applesauce WW Roll	May 11 Hamburger Lettuce, Tomato & Onion WW Bun Home Fried Potatoes Pineapples, Pears & Melon	May 12 Breaded White Fish w/ Tartar Sauce Yellow Rice Herb Carrots Brownie Tropical Fruit WW Roll
May 15 Swedish Meatballs Penne Creamy Broccoli & Cauliflower Floret Bake Pears WW Roll	May 16 Sliced Turkey w/ Gravy Savory Stuffing Brussel Sprouts Apple Cranberry Delight WW Roll	May 17 Breaded Chicken Breast Brown Rice *Turnip Greens w/ Bacon Diced Peaches Cornbread	May 18 *Diced Ham & Cheese Sauce on a Baked Potato Green Peas Pineapple WW Roll	May 19 Shepherds Pie Lima Beans Grapes WW Roll
May 22 *Apple Cider Pork Loin Puerto Rican Rice Broccoli Diced Peaches WG Biscuit	May 23 Cheeseburger w/ onion WW Bun Baked Beans Green Beans Vanilla Pudding Cinnamon Apples	May 24 Chicken Lo Mein Asian Vegetable Mix Pears WW Roll	May 25 Hungarian Goulash Mashed Potatoes Peas Orange Wedges WG Biscuit	May 26 *BBQ Pork Riblet Grits Mixed Vegetables Banana WW Roll
May 29 	May 30 Sliced Turkey w/ Gravy Mashed Potatoes Squash Casserole Fruit Cocktail WW Roll	May 31 Pepper Steak w/ Peppers & Onions Brown Rice Cauliflower w/ Garlic Crumbs Citrus Salad WW Roll		All Meals Are Served with 1% Milk *Contains Pork

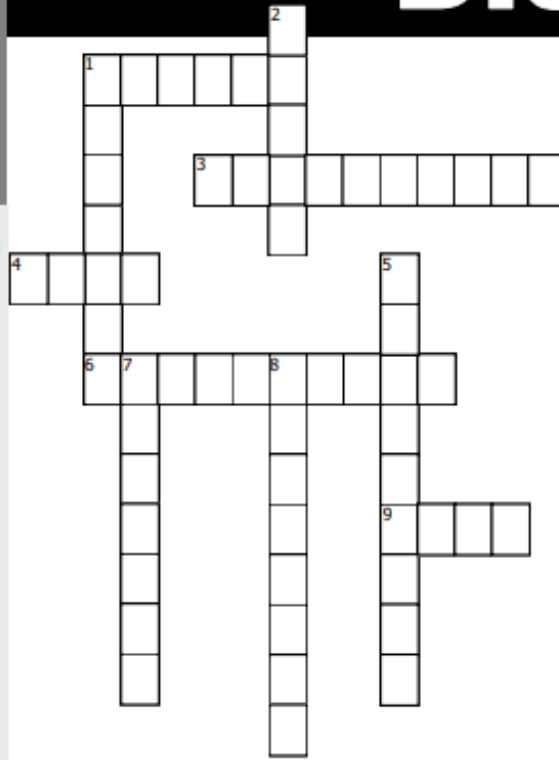
APPROVED: *Lynde Maxwell RDN, LDN*

DATE: 4/27/23

Dietary

DOWN

- Some supplements may be unnecessary, ineffective, and even _____.
- _____ adults should not use herbal treatments without professional advice.
- Older adults should get their vitamin B12 and vitamin D from _____ foods or supplements.
- Coumadin and the over-the-counter medications ginkgo biloba (*an herbal supplement*), _____, and vitamin E each thin the blood.
- Dietary supplements are meant to be taken in _____ to a healthy diet, not to replace it.



ACROSS

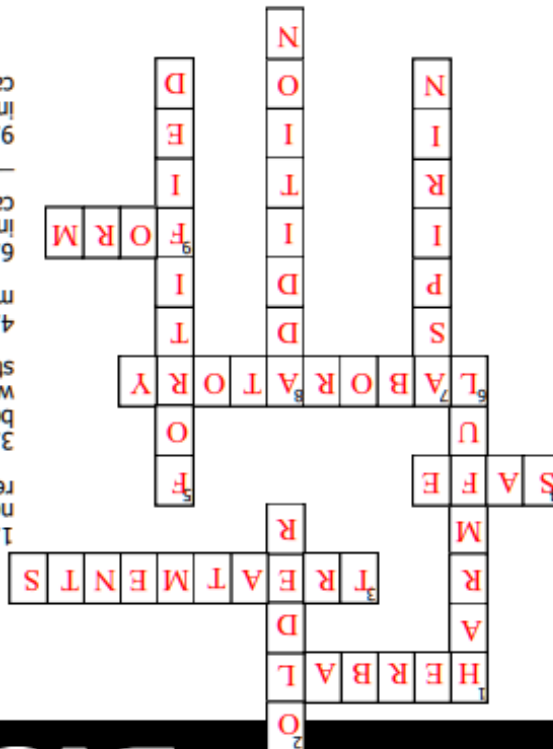
- _____ treatments should not be used in larger-than-recommended dosages.
- Herbal _____ should not be used for more than several weeks because of the lack of studies proving long term safety.
- "Natural" does not necessarily mean _____.
- "Natural" only means that the ingredients in the supplement came from nature versus a _____.
- Dietary supplements are found in the _____ of pills, tablets, capsules, liquids, and powders.

Supplements Crossword

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