



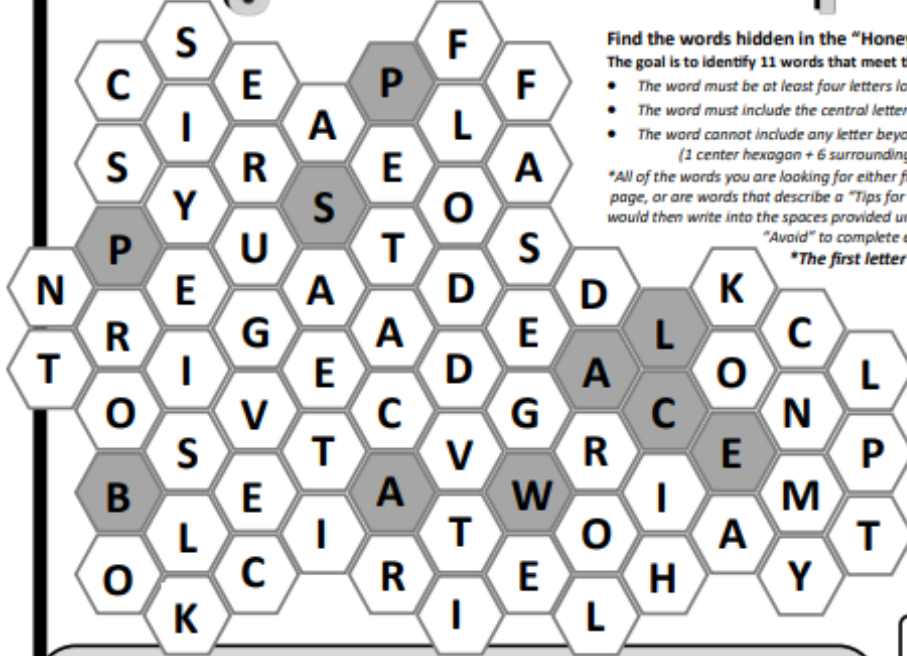
WE ARE  
**Meals On Wheels**  
*So no senior goes hungry.*

**May  
 2024 Menu**

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

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|--|---|---|---|
| <b>All Meals Are Served with 1% Milk</b><br><br><b>* Contains Pork</b>  |  | <b>May 1 BaJa Bowl</b><br>Chicken Breast Pieces<br>Brown Rice<br>Black Beans and Corn<br>Feta BaJa Sauce<br>Banana              | <b>May 2 * Louisiana Muffaletta</b><br>Sliced Ham and Pepperoni<br>London Potatoes<br>Fresh Spinach<br>WG English Muffin<br>Pears | <b>May 3 Fish Fillet</b><br>Yellow Rice<br>Herbed Carrots<br>Pineapple<br>Brownie<br>WG Roll                                |
| <b>May 6 Chicken &amp; Waffles</b><br>Breaded Chicken Filet<br>Golden Waffle<br>Creamed Corn<br>Brown Rice/Syrup Pack<br>Apples and Cranberries | <b>May 7 Turkey Plate</b><br>Turkey, Gravy,<br>Mashed Potatoes<br>Squash Casserole<br>Pears<br>WG Roll                       | <b>May 8 * Ham and Cheese on a Baked Potato</b><br>Broccoli<br>Pineapple<br>WG Roll   | <b>May 9 Chicken Florentine,</b><br>Rice Pilaf, Diced Carrots,<br>Seasoned Cut Corn<br>Fruit Cocktail<br>WG Roll                  | <b>May 10 Hamburger</b><br>Lettuce, Tomato<br>Onion,<br>WG Hamburger Bun<br>Home Fried Potatoes<br>Mixed Fruit              |
| <b>May 13 Baked Penne Pasta</b><br>Ground Beef with Cheese<br>Zucchini<br>Diced Peaches<br>WG Banana Muffin                                     | <b>May 14 * Pork Tenderloin</b><br>Pork Loin/Mushroom Gravy<br>Mushroom Rice<br>Green Peas<br>Pears<br>WG Roll               | <b>May 15 Turkey Taco Meat</b><br>Cheddar Cheese<br>Refried Beans<br>Prince Edward Blend<br>Cinnamon Apple Sauce<br>WG Tortilla | <b>May 16 Shepherd's Pie</b><br>Ground Beef<br>Vegetables,<br>Mashed Potatoes<br>With Gravy<br>Broccoli,<br>Grapes<br>WG Roll     | <b>May 17 Chicken Parm.</b><br>Chicken with Cheese,<br>Linguine with Marinara Sauce,<br>Green Beans<br>Banana<br>WG Roll    |
| <b>May 20 Philly Chicken SUB</b><br>Chicken w/sautéed Green Peppers<br>Curly French Fries<br>Citrus Salad<br>WG Sub Roll                        | <b>May 21 * Monte Cristo</b><br>Turkey/Ham & Swiss<br>Tomato Brown Rice<br>Green Peas<br>Egg Battered French Toast, Apricots | <b>May 22 Chicken Lo Mein</b><br>Chicken with Asian Vegetable Mix<br>Diced Peaches<br>Whole Grain Roll                          | <b>May 23 Hungarian Goulash</b><br>Ground Beef<br>Mashed Potatoes<br>Baby Carrots<br>Tropical Fruit<br>Whole Grain Roll           | <b>May 24 Healthy Chili Bowl</b><br>Brown Rice<br>Brussels Sprouts<br>Mixed Fruit<br>Blueberries<br>Oyster Crackers         |
| <b>May 27 Holiday</b>   | <b>May 28 * Spaghetti Carbonara</b><br>Diced Chicken Breast<br>Peas w/Bacon<br>Plum Tomatoes<br>Mandarin Oranges<br>WG Rolls | <b>May 29 Beef Patty Melt</b><br>WG Flat Bun/Cheese<br>Key West Vegetables<br>Rissolle Potatoes<br>Diced Pineapple              | <b>May 30 Teriyaki BBQ Wings</b><br>Chicken Wings<br>Broccoli<br>Pears<br>WG Biscuit  | <b>May 31 Breakfast for Lunch</b><br>Turkey Sausage<br>Potato Triangle<br>Mushrooms WG<br>FT Sticks/Syrup<br>Fruit Cocktail |
| <b>APPROVED:</b> _____  |  | <b>DATE:</b> _____  |   |   |

# Weight loss & Keeping it off



**Find the words hidden in the "Honeycomb"**  
 The goal is to identify 11 words that meet the following criteria.

- The word must be at least four letters long.
- The word must include the central letter.
- The word cannot include any letter beyond the seven given letters.  
 (1 center hexagon + 6 surrounding hexagons)

\*All of the words you are looking for either fit into the sentences at the bottom left of the page, or are words that describe a "Tips for Losing Weight and Keeping it Off," that you would then write into the spaces provided under "Choose" or "Avoid" to complete each two word phrase.

\*The first letter of each word has been shaded in for you.

## Choose:

SMALLER

GRAINS

PLAIN

## Avoid:

CALORIES

PORTIONS

DESSERTS

SUGARS

Fill-in the blank with the appropriate word found to complete each sentence.

1. A \_\_\_\_\_ is a measurement for energy in food. One way to help manage yours is by drinking water with and between your meals.
2. Vary your \_\_\_\_\_ routine.
3. Staying physically \_\_\_\_\_ can help you arrive and stay at a healthy weight.
4. Healthy eating and physical activity are the building \_\_\_\_\_ of a healthier life.

**Challenge:** Once you have found the words that fit in each fill-in section, grab a piece of paper and write down any additional words you may have found!

**Choose:**

SMALLER

GRAINS

PLATES

PLAIN

WATER

**Avoid:**

CALORIES

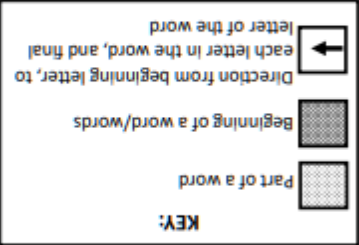
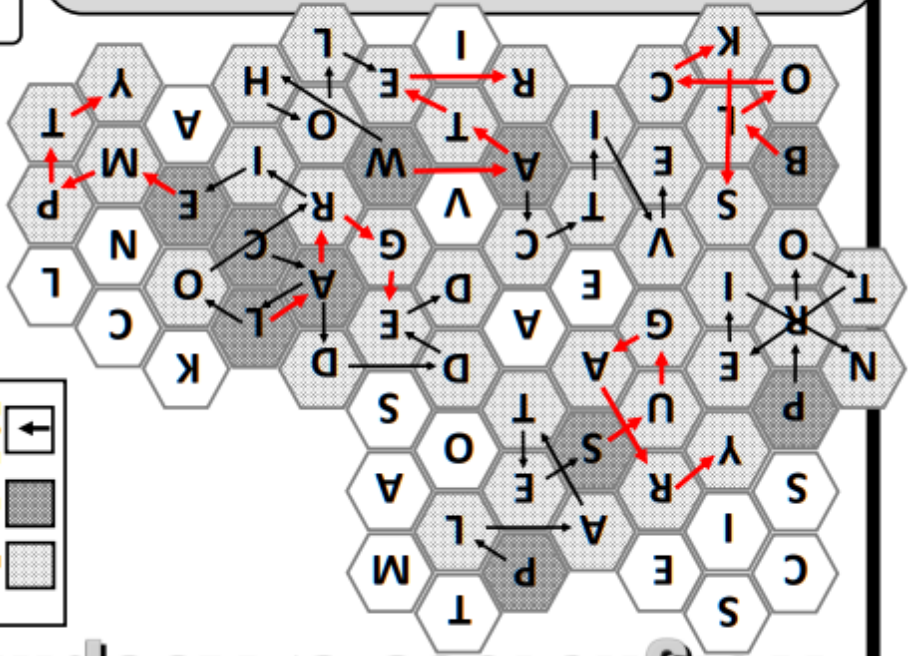
PORTIONS

DESSERTS

SUGARS

Fill-in the blank with the appropriate word found to complete each sentence.

1. A **CALORIE** is a measurement for energy in food. One way to help manage yours is by drinking water with and between your meals.
2. Vary your **PROTEIN** routine.
3. Staying physically **ACTIVE** can help you arrive and stay at a healthy weight.
4. Healthy eating and physical activity are the building **BLOCKS** of a healthier life.



# Weight loss & Keeping it off