

# *The Mizell Senior Center's*

## *Café 480 ~May 2012 Menu*

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	1 Spaghetti w/Meat Sauce Green Salad w/Dressing Garlic Bread Dessert	2 Chicken Scallopini Vegetable Rice Green Beans Roll/Butter Dessert	3 Beef & Mushroom Baked Polenta Broccoli Roll/Butter Dessert	4 Chicken Tostada Refried Beans, lettuce, tomato, & Cheese Dessert
7 Beef Lasagna Green Salad-Dressing Garlic Bread Dessert	8 Country Herb Chicken Roasted Potatoes Peas & Carrots Roll/Butter Dessert	9 Salisbury Steak w/Mushrooms Sauce Potatoes Vegetables Dessert	10 Zucchini Ricotta Frittata Green Salad Roll/Butter Dessert	11 Pulled Pork Sandwich Coleslaw Dessert
14 Cheese Ravioli w/Marinara Sauce Broccoli Garlic Bread Dessert	15 Chicken Broccoli Casserole Roll/Butter Dessert	16 Asian Beef Stir Fry Steamed Rice Roll/Butter Dessert	17 Baked Chicken Mashed Potatoes w/Gravy Mixed Vegetables Dessert	18 English Muffin with Roast Beef with Horseradish & Cream Cheese Lettuce, Tomato Potato Salad Dessert
21 Beef and Cheese Enchiladas Spanish Rice Corn Dessert	22 Chicken Piccata over Pasta Vegetables Roll/Butter Dessert	23 Meat Loaf Mashed Potatoes Vegetables Dessert	24 Baked Ziti wit Chicken and Cheese Side Salad Roll/Butter Dessert	25 Chef Salad with Ham, Turkey and Cheese Roll/Butter Dessert
28 <b>Happy Memorial Day Senior Center Closed</b>	29 Baked Fish Rice Pilaf Mixed Vegetables Roll/Butter Dessert	30 BBQ Chicken Baked Beans Green Salad Dessert	31 Roast Pork Mashed Potatoes Zucchini Dessert	<b>Menu is subject to change without notice</b>