



PLEASANT SENIOR CENTER



Senior Citizens of Humboldt County, Inc.
1480 Lay Street
775-623-6211

MAY

2024

MENU ITEMS SUBJECT TO CHANGE, SERVING STARTS @ 12 PM

MON	TUE	WED	THU	FRI
Safety of food after it has been served & taken from the center is the responsibility of the consumer.		1 Sesame Chicken Rice Pilaf 5 Way Vegetable Fruit	2 Spaghetti W/Meat Sauce Salad Fruit	3 Cajun Baked Cod Parsley Potatoes Fresh Chopped Spinach Honey Dressing Fruit
6 Crab Salad on Croissant Green Salad Chips Fruit	7 Chicken in Orange Sauce Brown Rice Salad W/Red Wine Vinaigrette Savory Style Beans Fruit	8 Swiss Steak Parsley Potatoes 4way Vegetable Fruit	9 Pork Loin in Mushroom Gravy Baked Potato Carrots Fruit	10 Breaded Pollock Rice Pilaf Bermuda Vegetable Fruit
13 Mothers Day Chicken Cordon Bleu Garlic Mashed Potatoes Peas & Carrots Fruit	14 Steak Strips W/Onions Snap Green Beans Mixed Green Salad Fruit	15 BBQ Ribs Scalloped Potatoes Mustard Greens Fruit	16 Chicken Alfredo Over Pasta Italian Vegetable Salad Fruit	17 Cheese Burgers W/ Tomato, Lettuce & Red Onion Tater Tots Fruit
20 Meat Loaf Baked Potato Capri Vegetable Fruit	21 Herb Crusted Pork Chop Baked Yam Green Beans Fruit	22 Birthday Lunch Chicken Fried Steak Mashed Potatoes W/ Country Gravy Scandinavian Veg. Fruit	23 BBQ Chicken Potato Salad Peas & Carrots Fruit	24 Brunch Serving At 10:30 Waffles Low Sodium Sausage Eggs W/Veggies V-8 Juice Fruit
27 Memorial Day Closed	28 Chicken Tenders French Baked Potatoes Green Salad W/Honey Dressing Fruit	29 Ham Sandwich W/ Lettuce & Tomato Pork & Beans Tomato Soup Fruit	30 Roast Beef Mashed Potatoes W/ Brown Gravy Glazed Carrots Fruit	31 Tuna Noodle Casserole Sliced Tomato 3-Bean Salad Fruit

The suggested minimum contribution is \$4.00 for seniors age 60 and older. Visitors must be 18 or older. There is a \$10.00 charge for anyone under age 60.

**Hot Soup and croutons served daily at 11am. Salad days includes mixed lettuce, tomato, beets, baby corn, olives and three bean salad. Whole wheat bread and low fat milk available daily