May 2026

CICOA
Aging & In-Home Solutions
A member of the connect Alliance.

SCAN ME

Monday	Tuesday	Wednesday	Thursday	Friday
Cultural Meal Day	OLDER AMERICANS MONTH CHAMPION YOUR HEALTH: MAY 2026	MEMORIAL DAY		1 Lemon Salmon Sweet Potatoes Broccoli w/ Red Peppers Wheat Roll Mandarin Oranges Milk
4 Oven Fried Chicken Whipped Sweet Potatoes Collard Greens Orange Juice Milk	5 Spaghetti/Meat Parmesan Chee Italian Cut Gre Beans California Veggies Mixed Fruit Milk	6 Chicken Rom Roasted Carr Apples w/ ies & Almonds Wheat Bread Milk	7 BBQ Beef Green Beans Scalloped Potatoes WG Bun Diced Peaches Milk	8 Vegetarian Chili California Veggies Roasted Sweet Potatoes Corn Bread Tropical Fruit Milk
11 Grilled Hambu Mac & Cheese Festive Green Diced Pears WG Bun Milk	12 Cheesy Smothe Chopped Stea White Rice Pila Peas Wheat Bread Mandarin Oran Milk	13 Turkey Ham & Beans Beets Carrots Corn Bread Mixed Fruit Milk	14 Pot Roast w/Gravy Broccoli Mashed Potatoes Wheat Bread Applesauce Milk	15 Almond Crusted California Veggies Scalloped Potatoes Mixed Fruit Wheat Bread Milk
18 Bagel w/Pork Sausage,Egg & Cheese Roasted Sweet Potatoes Applesauce Milk	19 Sweet & Sour Chicken Broccoli Carrots Tropical Fruit Milk	20 Meatloaf w/G Mashed Potat Brussel Sprou Mandarin Ora Milk	21 Beef Stew Corn Turnip Greens Wheat Bread Diced Peaches Milk	22 Cheese Lasagna Vegetables Lima Beans Carrots Wheat Roll Diced Pinneapple Milk
25 Meal Site Clo Memorial Da	26 Chicken & Noodles Rosemary Potatoes Italian Cut Green Beans Wheat Roll Birthday Treat Milk	27 Herb Crusted Hake Roasted Potatoes Broccoli Wheat Bread Tropical Fruit Cup Milk	28 Country Fried Steak w/Gravy Spinach Baked Potato Tropical Fruit Milk	29 Burrito Bowl w/ Chicken Black Beans Fajita Vegetables Cilantro Lime Rice Diced Mango Milk

https://cicoa.org/menu

*Menus are subject to change based on product availability.