

May 2020



Tranquility at Fredericktowne

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26	27	28	29	30	May 1 Green Salad Parmesan Tilapia Fillets Or Cube Steak Parmesan Garlic Mashed Potatoes Fresh Asparagus Baked Roll Soft Oatmeal Raisin Cookie	Green Salad Classic Lasagna or Lemon Herb Turkey Roast with Gravy Grilled Zucchini Garlic Bread Pound Cake			
Green Salad Honey Glazed Ham or Sesame Beef Roasted Yams Seasoned Cabbage Baked Roll Fresh Apple Pie	Green Salad Oven Fried Chicken or Shrimp Saute with Peppers and Onions Ranch Potato Wedges Mixed Vegetables Baked Roll Lemon Cookie	Green Salad Meatballs with Burgundy Sauce Or Herb Roasted Turkey with Gravy Parsley Egg Noodles Roasted Cauliflower Baked Roll Chocolate Marshmallow Cake	Green Salad Pork Roast with Gravy Or Vegetarian Quiche Brown Rice Harvard Beets Baked Roll Mixed Berry Crisp	Green Salad Salisbury Steak and Gravy Or Chicken with Citrus Sage Sauce Classic Mashed Potatoes Fresh Cooked Carrots Baked Roll Southern Style Bread Pudding	Green Salad Grilled Sole with Aioli Sauce Or Breaded Pork and Veal Kabobs Dill New Potatoes Lemon Buttered Broccoli Baked Roll Angel Food Cake	Green Salad Slow Roasted Carved Turkey or Marinated Flank Steak Homemade Stuffing Brussels Sprouts Baked Roll Banana Sheet Cake			
Green Salad Beef Pot Roast or Soy Glazed Salmon Boiled Potatoes Honey Roasted Carrots Baked Roll Homemade Chocolate Cream Pie	Green Salad Bread Crumb Chicken Or Veal Piccata Fresh Mashed Potatoes and Gravy Corn on the Cob Baked Roll Peach Crisp	Green Salad Sweet Pear Pork Chop Or Pepper Smothered Cube Steak Sweet Potato Gratin Sauteed Spinach Baked Roll Homemade Carrot Cake	Green Salad Beef Patty with Mushroom Sauce Or Smoked Roasted Turkey Twice Baked Potato Green Beans with Bacon Baked Roll Chocolate Chip Cookie	Green Salad Dijon Honey Roasted Chicken Or Pork Tenderloin with Blackberry Wine Sauce Rice Pilaf Grilled Asparagus Baked Roll Blueberry-Lemon Parfait	Green Salad Crunchy Baked Fish or Ham Roast Potato Wedges Chef's Steamed Vegetable Baked Roll Honey Bun Cake	Green Salad Swiss Bacon Meatloaf Or Herb Crusted Turkey Cutlet Herb Mashed Potatoes California Normandy Blend Baked Roll Cherry Bars			
Green Salad Parmesan Chicken Breast Or Prime Rib Roast Lemon Chive Rice Roasted Summer Squash Baked Roll Strawberry Pie	Green Salad Garlic Herb Pork Roast Or Four Cheese Ziti Roasted Potato Medley Steamed Broccoli Baked Roll Apple Walnut Cake	Green Salad Braised Beef Tips or Seasoned Baked Tilapia Noodles Lemon Pepper Green Beans Baked Roll Pineapple Crumble Bars	Green Salad Turkey Roast Or Pork Chop with Onions Cranberry Sage Dressing Brussels Sprouts Baked Roll Pear Cobbler	Green Salad Baked Spiral Ham or Braised Balsamic Chicken Scalloped Potatoes Buttered Squash Baked Roll Soft Brown Sugar Cookie	Green Salad Hawaiian Meatballs or Pan Fried Cod with Almond Butter Parsley Rice Honey Glazed Pea Pods and Carrots Baked Roll Citrus Cake	Green Salad Chicken with Garlic and Herbs or Sweet Corned Beef Steamed Red Potatoes Sweet Grilled Corn Baked Roll Banana Cream Pudding			
Green Salad Glazed Pork Roast Or Roast Beef au Jus Roasted Yams Peas and Onions Baked Roll Snickerdoodle Brownie	Green Salad Country Fried Steak with Gravy or Turkey Roast with Zesty Rub Herb Mashed Potatoes Mixed Vegetables Baked Roll Chocolate Buttermilk Cake	Green Salad Chicken with Mushroom Gravy Or Bratwurst and Sauerkraut White and Wild Rice Pilaf Parmesan Green Beans Baked Roll Apple Cobbler	Green Salad Cod with Garlic Butter Sauce or Roasted Ham Roasted Smashed Potatoes Sauteed Spinach Baked Roll Coconut Custard Pie	Green Salad Beef Parmesan Patty or Honey Glazed Roasted Turkey Mashed Red Potatoes Seasoned Zucchini Baked Roll Chocolate Vanilla Pudding Dessert	Green Salad Chicken Diane or Baked Salmon with Creamy Avocado Sauce Seasoned Rice Capri Blend Baked Roll Pineapple Cake	Green Salad Baby Back Pork Ribs or BBQ Glazed Meatballs Sour Cream Potato Salad Greens Double Chocolate Chip Cookie			

31	Jun 1	2	3	4	5	6
Green Salad						
Classic Meatloaf						
Potato Chip Crusted						
Chicken Breast						
O'Brien Potatoes						
Garlic Green Beans						
Baked Roll						
Brownie Mallow Bars						