

Check us out on Facebook!

Greater Wakefield Resource Center

254 Main Street, Union NH 03887 603-473-8324

Hours of operation: Monday through Friday 9am-1pm

We are on the web!

greaterwakefieldresourcecenter.com

Grab n Go May 2021 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 PLEASE REMEMBER THE MENU IS SUBJECT TO CHANGE
2	3 White Bean Turkey Chili Chopped Veggies w/Dip Corn Bread Dessert	4	5 Baked Salmon w/orange-honey glaze Rice Patties Veggies Dessert	6 BBQ Chicken Breast Mac & Cheese Veggies Dessert	7	8
9	10 Chicken & Dumplings Veggies Dessert	11	12 Baked Lasagna Sausage w/peppers & onions Salad Dessert	13 Pork Tenderloin Roasted Potatoes Veggies Dessert	14	15
16	17 Turkey Pot Pie Veggie Salad Dessert	18	19 Fish Cakes Cole Slaw Pasta Salad Dessert	20 Shaved Steak w/ peppers & onions Rice Pilaf Veggies Dessert	21	REMEMBER YOUR <u>DAILY</u> NUTRITIONAL REQUIREMENTS 
23 <hr/> 30	24 BBQ Chicken Qtrs Potato Salad Baked Beans <u>Dessert</u> 31 Memorial Day	25	26 Baked Haddock Basmati Rice Pilaf Veggies Dessert	27 Beef Stew Marinated Veggie Salad Biscuits Dessert	28	GRAINS: 7 to 8 ounces PROTIEN: 6 ounces MILK 2 to 3 cups VEGGIES: 2.5 cups FRUIT 2 to 2.5 cups OILS: 2 teaspoons

PICK UP YOUR MEAL FROM NOON TO 12:30 – SUGGESTED DONATION \$4 FOR SENIORS \$6 FOR ALL OTHERS

PLEASE CALL A DAY AHEAD OR BY 10AM THAT DAY TO ORDER YOUR LUNCH AT 473-8324.