

Highland Valley Elder Services Menu - May 2026

Friday, May 1st - Chicken Ala Vodka over Pasta (contains dairy & gluten), Carrots & Corn, Brussels Sprouts, and Applesauce. Calories: 701, Sodium: 506, Carbohydrates: 85. The choice meal is Baked Ziti

Monday, May 4th - American Chop Suey (contains gluten), Spinach, Capri Blend Vegetables, and Chilled Peaches. Calories: 702, Sodium: 749, Carbohydrates: 72. The choice meal is Baked Fish & Dill Sauce.

Tuesday, May 5th - Chicken Ala King over Pasta (contains dairy & gluten), Broccoli, Corn, and Mixed Fruit. Calories: 713, Sodium: 355, Carbohydrates: 79. The choice meal is Baked Fish & Dill Sauce.

Wednesday, May 6th - Sweet & Sour Pork over Rice, Cauliflower, Stir Fry Blend Vegetables, and Chilled Peaches. Calories: 704, Sodium: 449, Carbohydrates: 85. The choice meal is Baked Fish & Dill Sauce.

Thursday, May 7th - Chicken Caesar Salad (contains dairy & gluten), Three Bean Salad, Corn Bread (contains dairy & gluten), and Ambrosia Salad (contains dairy, sugar free option available). Calories: 717, Sodium: 726, Carbohydrates: 70. The choice meal is Tuna Caesar Salad (contains dairy & gluten).

Friday, May 8th - Roasted Pork & Gravy over Couscous (contains gluten), Spinach, Butternut Squash, and Fresh Fruit. Calories: 772, Sodium: 421, Carbohydrates: 75. The choice meal is Baked Fish & Dill

Monday, May 11th - Sloppy Joe on a Bun (contains gluten), Green Peas, Butternut Squash, and Mandarin Oranges. Calories: 691, Sodium: 532, Carbohydrates: 82. The choice meal is Turkey Casserole

Tuesday, May 12th - Lentil Stew (vegetarian friendly), Carrots & Corn, Whole Wheat Dinner Roll (contains gluten), and Chilled Pineapple. Calories: 709, Sodium: 624, Carbohydrates: 128. The choice meal is

Wednesday, May 13th - Chicken Piccata over Pasta (contains gluten), Capri Blend Vegetables, Sweet Potato, and a Blueberry Bar (contains dairy & gluten, sugar free option available). Calories: 698, Sodium: 551, Carbohydrates: 96. The choice meal is Turkey Casserole (contains dairy & gluten).

Thursday, May 14th - Meatloaf & Gravy (contains gluten) over Mashed Potatoes (contains dairy), Cauliflower, Spinach, and Fresh Fruit. Calories: 713, Sodium: 566, Carbohydrates: 84. The choice meal is

Friday, May 15th - Orange Glazed Salmon, Roasted Potatoes, Broccoli, Green Peas, and Mixed Fruit. Calories: 716, Sodium: 362, Carbohydrates: 91. The choice meal is Turkey Casserole (contains dairy &

Monday, May 18th - Cheeseburger (contains dairy) on a Bun (contains gluten), Roasted Potatoes, Carrots, and Fresh Fruit. Calories: 771, Sodium: 590, Carbohydrates: 81. The choice meal is Eggplant Parm

Tuesday, May 19th - Mediterranean Fish over Lemon Orzo & Rice (contains gluten), California Blend Vegetables, Corn, and Mandarin Oranges. Calories: 701, Sodium: 574, Carbohydrates: 88. The choice meal is Eggplant Parm over Pasta (contains dairy & gluten, vegetarian friendly).

Wednesday, May 20th - Tabbouleh (contains gluten, vegetarian friendly) over Lettuce, Chickpea Salad, Pita Bread (contains gluten), Pickled Beets, and Yogurt (contains dairy, sugar free option available). Calories: 721, Sodium: 771, Carbohydrates: 102. The choice meal is Chicken Salad over Lettuce.

Thursday, May 21st - Chicken Parm (contains dairy & gluten) over Pasta (contains gluten), Capri Blend Vegetables, Asparagus & Green Beans, and Birthday Cake (contains dairy & gluten, sugar free option available). Calories: 709, Sodium: 734, Carbohydrates: 86. The choice meal is Eggplant Parm over Pasta (contains dairy & gluten, vegetarian friendly).

Friday, May 22nd - Kielbasa over Lazy Pierogi (contains gluten), Green Peas, Sweet Potato, and Fresh Fruit. Calories: 751, Sodium: 708, Carbohydrates: 111. The choice meal is Eggplant Parm over Pasta

Monday, May 25th - Memorial Day Holiday, no meals served.

Tuesday, May 26th - Hot Dog on a Bun (contains gluten), Capri Blend Vegetables, Roasted Potatoes, and Fresh Fruit. Calories: 704, Sodium: 802, Carbohydrates: 87. The choice meal is Broccoli & Cheese

Wednesday, May 27th - Chicken Alfredo (contains dairy & gluten) over Pasta (contains gluten), Broccoli, Carrots, and a Chocolate Chip Cookie (contains gluten). Calories: 701, Sodium: 520, Carbohydrates: 71. The choice meal is Broccoli & Cheese Quiche (contains dairy & gluten, vegetarian friendly).

Thursday, May 28th - Turkey & Vegetable Soup, Green Beans, Dinner Roll (contains gluten), and Geletin with Whipped Topping (contains dairy, sugar free option available). Calories: 709, Sodium: 672, Carbohydrates: 86. The choice meal is Broccoli & Cheese Quiche (contains dairy & gluten, vegetarian friendly).

Friday, May 29th - Swedish Meatballs (contains dairy & gluten) over Pasta (contains gluten), Chuckwagon Blend Vegetables, Cauliflower, and Chilled Pears. Calories: 719, Sodium: 390, Carbohydrates: 87. The choice meal is Broccoli & Cheese Quiche (contains dairy & gluten, vegetarian friendly).