

DINE IN 11:45 TO 12:00		May 2025  254 Main Street Union					PICK UP MEAL FROM 12:00 TO 12:15
If Possible Please Call Before 10:00 AM 603 473-8324 To Reserve Your Meal		www.greaterwakefieldresourcecenter.net  Donations are needed to support this program					
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	.			1. Bingo 10 A.M. Lasagna w/meat sauce Small salad Garlic bread, Dessert	2.		
4.Milk and Fresh Fruit is offered with every meal to all our diners	5. Bingo 10 A.M. Roast pork dinner w/gravy Potatoes Brussels sprouts Roll, dessert	6.	7. Spaghetti w/sausage&meatballs, tossed salad Garlic bread Dessert	8. Bingo 10 A.M. Meatloaf w/gravy Mashed potatoes Peas&carrots Roll Dessert	9.	10.Sometimes changes Have to be made to the menu  THANK YOU FOR YOUR UNDERSTANDING	
11.	12. Bingo 10 A.M. Pork stir fry over fried rice Oriental salad Roll Dessert	13	14. Baked Haddock Rice Pilaf Green Beans Roll, Dessert	15. Bingo 10 A.M. Chicken Cordon Blue Roasted red potatoes Vegetable medely Roll, dessert	16	17	
18	19 Bingo 10 A.M. Grilled BBQ Sandwich w/lettuce&tomato coleslaw, Roasted sweet potatoes, dessert	20	21. Baked ham dinner Baked sweet potato Butternut squash Roll Dessert	22. Bingo 10 A.M. Chicken Salad wrap Pasta salad Dessert	23	REMEMBER  Daily healthy eating includes	
25	26 Memorial Day  Closed	27	28. Hamburger w/lettuce and tomato Tater tots Salad Dessert	29. Bingo 10 A.M. French Dip Sandwich Small salad Dessert	30	GRAINS: 6 servings PROTEIN: 6 ounces DAIRY: 2 to 3 cups VEGGIES: 2.5 cups FRUIT 2 cups Limit foods high in sugar & fat	