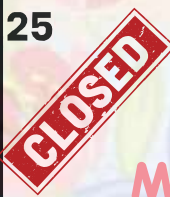


Lunch is served Monday through Friday from
12:00pm to 12:30pm at the Petoskey
Friendship Center and at the Huber Senior
Center.

May 2026

The minimum suggested donation for Congregate
Meals and Meals on Wheels is \$3.00 per meal for
those 60 years and older.
Guests (under 60) can purchase a \$5.00 lunch pass.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
About 1 oz of nuts daily can lower the risk of Alzheimer's and improve cognitive function	*miso (MEE-so) a savory, traditional Japanese fermented paste, usually soybean-based, *edamame (ed-uh-MOM-ay) young green soybeans, high in protein and fiber	*chimichurri (CHIM-ee-CHUR-ee) a tangy, herby South American sauce, traditionally made from parsley, cilantro, vinegar, garlic, olive oil, & chili flakes. *chia (CHEE-uh) a nutrient-dense seed high in fiber and omega-3s	*couscous (KOOSkoos) not a grain but technically a type of pasta, made from semolina, originally from North Africa *compote-fruit cooked in a light syrup, eaten fresh, with larger pieces and less sugar than jam	1 Pollock Nuggets Vegetable blend Diced Potatoes Berry Almond Crisp no bread
4 Miso Glazed Cod Golden Rice with Edamame Sesame Spinach Diced Mango Whole Wheat Pull Apart Roll	5 Chicken Fajitas Refried Beans Sweet Corn Pineapple tidbits Tortillas	6 Stuffed Cabbage Rolls Mashed Potatoes Carrots Diced Pears Whole Wheat Soft Pretzel Rod	7 BBQ Pork Chop Baked Beans Roasted New Potatoes Apricots with Almond Crisp Whole Grain Biscuit	8 Roasted Chicken Green Beans Almondine Stewed Tomatoes Strawberry Applesauce Baguette
11 Shrimp & Vegetable Stir Fry Brown Rice Whole Grain Fortune Cookie Mandarin Oranges no bread	12 Starts at 11:30 Soup & Salad Fresh Fruit Sourdough	13 Hot Turkey Sandwich Gravy Mashed Potatoes Peas Apple Pie	14 Corned Beef Hash Peppers & Onions Broccoli Chocolate Peanut Butter Banana Nut & Oat Balls Whole Grain Biscuit	15 Teriyaki Chicken Thighs Mixed Vegetables Miso Black Beans Pear Walnut Crisp Hawaiian Sweet Roll
18 Turkey Lasagna Rolls Roasted Cauliflower Spinach Apricots with Toasted Hazelnuts Focaccia	19 Roasted Chicken Zucchini, Corn, & Tomatoes with Basil Butter Lemon Rice Pineapple tidbits Whole Grain Biscuit	20 Pork Chili Verde Peppers & Onions Stewed Tomatoes Chocolate Chia Pudding Cornbread	21 Potato Crusted Pollock Peas & Carrots Broccoli Blueberry Applesauce Sweet Yeast Roll	22 Salisbury Steak Mashed Potatoes Brussels Sprouts Strawberry Rhubarb Compote Whole Wheat Pull Apart Roll
25   HAPPY MEMORIAL DAY	26 Dill Salmon Asparagus Tomato Couscous Cherry Applesauce Whole Grain Breadstick	27 Chicken Breast w/ Chimichurri Sweet Potatoes Rice & Beans Tropical Fruit Salad Sweet Yeast Roll	28 Mushroom Swiss Burger Baked Beans Tater tots Strawberry Chia Pudding	29 Congregate: Soup & Salad Bar MOW: Cook's Choice