

## **INGREDIENT LIST FOR MAY – 2021**

**MAY 3 – CHICKEN TENDERS: CHICKEN, BREADING**

**FRIES: POTATOES, VEG. OIL**

**PUDDING: COCOA, MILK, CORNSTARCH**

**DINNER ROLL: FLOUR, YEAST, WATER**

**MAY 4 – HOT DOG: BEEF**

**BAKED BEANS: BEANS, KETCHUP, SF SYRUP, ONIONS**

**MAY 5 – BAKED STEAK/GRAVY: BEEF, ONION POWDER, FLOUR,  
BROTH, WATER**

**MIXED VEGETABLES: PEAS, CARROTS, CORN, LIMAS,**

**BEANS, POTATOES**

**FRUIT MUFFIN: BLUEBERRIES, SUGAR, MILK, CORNSTARCH**

**DINNER ROLL: FLOUR, YEAST, WATER**

**MAY 6 – CHICKEN ALA KING: CHICKEN, RED PEPPERS, CHIC. GRAVY**

**BISCUIT: FLOUR, BUTTERMILK, SUGAR, MILK, CORNSTARCH**

**PARSLEY CARROTS: CARROTS, PARSLEY FLAKES**

**FRUIT CRISP: PEACHES, OATS, BROWN SUGAR, CINNAMON,**

**MARGARINE**

**TOSSED SALAD: LETTUCE, CARROTS, RED CABBAGE**

**FRUIT MUFFIN: APPLES, SUGAR, MILK, CORNSTARCH**

**MAY 7 – RST PORK AND DRESSING: PORK, BREAD CUBES, ONIONS,  
SAGE, MARGARINE, CHICKEN BROTH**

**HARVARD BEETS: BEETS, CORNSTARCH**

**DINNER ROLL: FLOUR, YEAST, WATER**

**FRUITED GELATIN: SF GELATIN, ASSORTED FRUITS**

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**MAY 10 – CAPRI BLEND VEGS: GREEN BEANS, CARROTS, YELLOW  
SQUASH, ZUCCHINI**

**DINNER ROLL: FLOUR, YEAST, WATER**

**MAY 11 – MEATLOAF: GROUND BEEF, ONIONS, EGGS, CRACKER  
CRUMBS**

**POUND CAKE: FLOUR, SUGAR, EGGS, MARG., MILK**

**DINNER ROLL: FLOUR, YEAST, WATER**

**MAY 12 – SF PUDDING: COCOA, MILK, CORNSTARCH**

**DINNER ROLL: FLOUR, YEAST, WATER**

**MAY 13 – DRESSING: BREAD CUBES, ONIONS, SAGE, BROTH, MARG.**

**GRAVY: BROTH, ONION POWDER, FLOUR, WATER**

**DINNER ROLL: FLOUR, YEAST, WATER**

**MAY 14 – CHOPPED STEAK/ONION GRAVY: BEEF, BEEF BROTH,**

**ONION POWDER, FLOUR, WATER**

**WHIPPED POTATOES: DEHY. POTATOES, MARGARINE,**

**WATER**

**DINNER ROLLS: FLOUR, YEAST, WATER**

**FRUIT MUFFIN: BLUEBERRIES, SUGAR, MILK, CORNSTARCH**

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**MAY 17 – RIB-B-Q PATTIE: PORK, BBQ SAUCE**

**HASH BROWNS: POTATOES, VEG OIL**

**MAY 18 – CREAM CHIP BEEF: DRIED BEEF, MILK, MARG., ONIONS,**

**SPICES, SOY**

**BISCUIT: FLOUR, BUTTERMILK, SUGAR, MILK, CORNSTARCH**

**VANILLA WAFERS: FLOUR, YEAST, WATER**

**MAY 19 – VEGETABLE SOUP: BEEF STOCK, MIXED VEGS, CABBAGE,**

**TOMATO JUICE**

**CHICKEN SALAD: CHICKEN, EGGS, ONIONS, RELISH, MAYO**

**MAY 20 – WHIPPED POTATOES: DEHY POTATOES, MARGARINE,**

**WATER**

**GRAVY: BROTH, ONION POWDER, FLOUR, WATER**

**DINNER ROLL: FLOUR, YEAST, WATER**

**FRUIT MUFFIN: APPLES, SUGAR, MILK, CORNSTARCH**

**MAY 21 – BAKED SPAGHETTI: BEEF, SPAG. SAUCE, ONIONS, PASTA**

**ITALIAN BLEND: ZUCCHINI, CARROTS, CAULIFLOWER,**

**LIMAS, ITAL. GREEN BEANS**

**GARLIC ROLL: GARLIC POWDER, MARG., FLOUR, YEAST,**

**WATER**

**COLE SLAW: CABBAGE, COLE SLAW DRESSING**

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**MAY 24 – HAMBURGER: BEEF**

**BAKED BEANS: BEANS, KETCHUP, ONIONS, SF SYRUP**

**STEWED TOMATOES: TOMATOES, BELL PEPPERS, ONIONS**

**MAY 25 – SMOKED SAUSAGE: PORK, SEASONING**

**SAUERKRAUT: CABBAGE, WATER, SALT**

**WHIPPED POTATOES: DEHY. POTATOES, MARG., WATER**

**DINNER ROLL: FLOUR, YEAST, WATER**

**CINNAMON MUFFIN: CINNAMON, SUGAR, MILK,**

**CORNSTARCH**

**MAY 26 – BAKED SWISS STEAK: BEEF, FLOUR, ONION POWDER,**

**CRUSHED TOMATOES, BELL PEPPERS, CORNSTARCH, BROTH**

**VANILLA WAFERS: FLOUR, YEAST, WATER, SUGAR**

**DINNER ROLL: FLOUR, YEAST, WATER**

**MAY 27 – CHICKEN DRUMSTICKS: CHICKEN, BREADING**

**WHIPPED POTATOES: DEHY. POTATOES, MARG., WATER**

**GRAVY: BROTH, FLOUR, WATER, ONION POWDER**

**DINNER ROLL: FLOUR, YEAST, WATER**

**CAKE: FLOUR, SUGAR, EGGS, MARG., MILK**

**MAY 28 - BEEF STEW: BEEF, STEW VEGS, BROTH, FLOUR, ONIONS**

**BISCUIT: FLOUR, BUTTERMILK, SUGAR, MILK, CORNSTARCH**

**COLE SLAW: CABBAGE, COLE SLAW DRESSING**

**FRUIT MUFFIN: BLUEBERRIES, SUGAR, MILK, CORNSTARCH**

**MAY 31 - CHEESE OMELET: EGGS, CHEESE**

**HASH BROWNS: POTATOES, VEG. OIL**

**BISCUIT: FLOUR, BUTTERMILK, SUGAR, MILK, CORNSTARCH**

**CINNAMON ROLL: FLOUR, WATER, SUGAR, SOYBEAN OIL,**

**CINNAMON, BAKING SODA, MILK**

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