

11:30 Wed., MAY 2 <b>SHEERY BARNHART</b>	11:30 Mon., MAY 7 <b>GARY BRAUN</b>	11:30 Wed., MAY 9 <b>MICHAEL JOHNSON</b>	11:30 Wed., MAY 16 <b>MV GEM FIDDLERS</b>	11:30 Wed., MAY 23 & 30 <b>JEFF &amp; SANDY</b>	11:30 Every Thur. <b>PAT BLESSIN</b>	8:00 am Sat., MAY 12 <b>Breakfast/MARLA GARRETT</b>	
<b>MAY 2018</b>		Minimum Daily Serving Size - 2 oz of Meat/Protein, 1/2 cup of cooked/canned fruit and vegetables, or 1 cup fresh fruit and fresh vegetables, 1/3 to 1/2 cup of grains & 1 slice of bread (half to be whole grain), 1 cup of milk or dairy, dessert is an optional - minimum 1 oz serving				<b>MAY 2018</b>	
<b>TFSC MEAL COSTS</b> Age 60 & over \$5.00 (suggested donation) Under 60 \$6.00 Under 9 \$3.00 Lunch to Go \$6.00 Cinnamon Roll \$2.00 Coffee \$.50 Soup to Go \$3.00	<i>Bold Italic Salad will go out with Home Delivered Meals (HDM)</i> Daily <b>HDM</b> Meal Drink Choices 2% MILK ORANGE/APPLE JUICE NON FAT CHOCOLATE MILK	<b>Tuesday 2018-05-01</b> <b>Polish Sausage</b> Creamy Coleslaw Pickled Beets Sauerkraut Fruit German Potato Salad Bun Oatmeal Raisin Cookie	<b>Wednesday 2018-05-02</b> <b>Mushroom Chicken</b> Green Salad w/Mixed Greens Simple Fruit Salad Orzo Rice Fruit Pacific Blend Vegetables Biscuit Blonde Brownie	<b>Thursday 2018-05-03</b> <b>Spaghetti w/meat sauce</b> Caesar Salad w/Croutons Cauliflower Salad Fruit Sautéed Mushrooms Italian Roll Spice Cake	<b>Friday 2018-05-04</b> <b>Creamy Boneless Pork</b> Mediterranean Quinoa Salad Crunchy Veggie Salad Mashed Potatoes w/Gravy Fruit Roasted Broccoli Slice of Wheat Bread Apricot/Peach Cobbler	<b>⇐ IDAHO GIVES 2018</b> <b>Thursday, MAY 3RD</b> <i>(24 hours of online giving)</i> <b>IdahoGives.org</b> <i>Remember to give to your favorite NON-PROFIT (Tell family &amp; Friends)</i>	
	Daily <b>CENTER</b> Meal Drink Choices WATER TEA COFFEE MILK	<b>Tuesday 2018-05-08</b> <b>Sweet and Sour Pork</b> Pineapple Coleslaw Lime Pear Jello Asian Rice Fruit Sautéed Cabbage Egg Rolls Raspberry Bar	<b>Wednesday 2018-05-09</b> <b>Beef Tips w/gravy</b> Garden Pasta Salad Green Salad Mashed Potatoes Fruit Roasted Brussel Sprouts Herb Roll Ice Box Cake	<b>Thursday 2018-05-10</b> <b>Baked Ham</b> Wild Rice Cranberry Salad Romaine Strawberry Salad Au Gratin Potatoes Fruit Green Beans Slice of Wheat Bread Pumpkin Pie	<b>Friday 2018-05-11</b> <b>Parmesan Chicken</b> 4-Bean Salad Waldorf Salad w/Walnuts Pasta Fruit Venetian Blend Vegetables Garlic Roll Blueberry Cobbler		<b>Saturday 2018-05-12</b> <b>\$8 Fundraising Breakfast</b> 8:00 - 10:00 am Stuffed French Toast Link Sausage, Ham Potato Casserole Biscuit & Gravy, Eggs Fresh Fruit, Bread Trays Coffee, Milk, & Juice
	<b>Sunday 2018-05-06</b> <b>Monday 2018-05-07</b> <b>Shepherd's Pie</b> Brown Rice Spinach Salad Orange Cottage Cheese Salad Fruit Corn w/peppers Slice of Bread Molasses Cookie	<b>Sunday 2018-05-13</b> <b>Monday 2018-05-14</b> <b>Herb Roasted Chicken</b> Green Salad Tropical Pear Salad Macaroni & Cheese Fruit Asparagus Blend Vegetables Slice of Wheat Bread Snickerdoodle Cookie	<b>Tuesday 2018-05-15</b> <b>Baked Fish Fillet w/Tarter Sauce</b> Creamy Coleslaw Pineapple & Orange Jello Rice Pilaf Fruit Buttered Zucchini Spoonbread Chocolate Drop Cookie	<b>Wednesday 2018-05-16</b> <b>Meat Loaf</b> Barley Salad w/Tomato, Cucumber Very Veggie Green Salad Mashed Potatoes & Gravy Fruit Lima Beans Focaccia Bread Red Velvet Cupcake	<b>Thursday 2018-05-17</b> <b>Caesar Chicken</b> Broccoli Raisin Salad Green Salad Egg Noodles Fruit Sunshine Carrots Biscuit Cherry Cheesecake Bar		<b>Friday 2018-05-18</b> <b>Mushroom Salisbury Steak</b> Brown Rice Spinach Salad Cucumber Salad Mashed Potatoes w/Gravy Fruit Roasted Vegetables Parmesan Roll Strawberry Pie
<b>Sunday 2018-05-20</b> <b>Monday 2018-05-21</b> <b>Ham &amp; Cheese Casserole</b> Pea Salad Green Romaine Salad Fruit Sugar Pea Blend Vegetables Slice of Wheat Bread Oatmeal Butterscotch Cookie	<b>Tuesday 2018-05-22</b> <b>HOT Smoked Turkey</b> Mixed Green Salad w/tomatoes Cranberry Parfait Salad Stuffing w/gravy Fruit Cauliflower & Broccoli Onion Roll Peanut Butter Bar	<b>Wednesday 2018-05-23</b> <b>Chicken Fried Steak</b> Caprese Orzo Salad Cran/Blueberry Spring Mix Salad Mashed Potatoes w/Gravy Fruit Corn w/peppers & onions Dill Roll Birthday Cake	<b>Thursday 2018-05-24</b> <b>BBQ Pulled Pork</b> Rainbow Rotini Salad Southern Coleslaw Salad Cowboy Baked Beans Fruit Collard Greens w/ham Bun Chocolate Crinkle Cookie	<b>Friday 2018-05-25</b> <b>Fried Chicken</b> Frog Eye Salad Green Salad w/cucumbers Mashed Potatoes w/gravy Fruit Squash Medley Corn Bread Coconut Cream Pie	 <b>Help us Celebrate - May 2018</b>		
<b>Sunday 2018-05-27</b> <b>Monday 2018-05-28</b> <b>MEMORIAL DAY HOLIDAY</b> Center Closed <b>Meals on Wheels (HDM)</b> delivered on <b>Thursday, May 24, 2018</b>	<b>Tuesday 2018-05-29</b> <b>Navajo Taco Baked Potato</b> Lettuce/Tomato/Olives/Onions Southwestern Chopped Salad Spanish Rice Fruit Chuckwagon Corn & Black beans Cranberry Bread Tapioca Pudding	<b>Wednesday 2018-05-30</b> <b>Cheeseburger</b> Mustard Potato Salad Relish Tray/Condiments Macaroni & Cheese Watermelon Spinach Artichoke Bake Bun Lemon Bars	<b>Thursday 2018-05-31</b> <b>Orange Chicken</b> Oriental Chicken Salad Carrot Raisin Walnut Salad Asian Rice Fruit Stir Fry Vegetables Egg Roll Mandarin Cake	<b>TWIN FALLS SENIOR CENTER</b> <b>734-5084</b> 530 SHOSHONE ST. W., TWIN FALLS, ID. 83301 <b>CENTER OFFICE HOURS Mon-Fri 8:00 am to 5:00 pm</b> Website - <a href="http://www.tfseniorcenter.com">www.tfseniorcenter.com</a> Facebook - Twin Falls Senior Center <b>CENTER VOLUNTEERS &amp; DRIVERS NEEDED!!!</b> <b>Call today to get started</b>			