



Charlotte
May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LunchPlus Club at Bethpage Presbyterian Church 6020 Mooresville Road, Kannapolis, NC 28081 www.bethpagechurch.org Please call 704-794-7239 by Noon the day before you wish to attend.</p>		5/1/2024	5/2/2024	5/3/2024
		Beef/Turkey Sloppy Joe Vegetarian Baked Beans Sliced Carrots Wheat Hamburger Bun Seasonal Fruit Milk	Teriyaki Braised Pork Brown Confetti Rice Broccoli Dinner Roll Tropical Fruit Milk Margarine	Chicken Chef Salad Pasta Salad Beet Salad Wheat Crackers Banana Milk Ranch Dressing
5/6/2024	5/7/2024	5/8/2024	5/9/2024	5/10/2024
Beef/Chicken Sweet & Sour Meatballs Rice Pilaf Green Peas w/Peppers Dinner Roll Pineapple Tidbits Milk Margarine	BBQ Braised Pork Roast Twice Whipped Potatoes Tossed Salad Dinner Roll Fruit & Grain Bar Milk Margarine Ranch Dressing	Pinto Beans Macaroni & Cheese Collard Greens Cornbread Applesauce Milk Margarine Vinegar	Lemon Pepper Chicken Thigh Garlic Whipped Potatoes Mixed Vegetables Dinner Roll Seasonal Fruit Milk Margarine	Beef Patty Lettuce, Tomato, & Onion Vegetarian Baked Beans Hamburger Bun Strawberry Shortcake Milk Mustard/Ketchup
5/13/2024	5/14/2024	5/15/2024	5/15/2024	5/16/2024
Chicken Parmesan Buttered Penne Green Beans Dinner Roll Mandarin Oranges Milk Margarine	Beef Taco Meat Spanish Rice Mixed Beans Flour Tortilla Seasonal Fruit Milk Taco Sauce	Ham & White Beans Whipped Potatoes Mixed Greens Cornbread Applesauce Milk Margarine	Beef/Chicken Swedish Meatballs Egg Noodles Green Peas w/Peppers Dinner Roll Pineapple Tidbits Milk Margarine	Sliced Turkey Breast Swiss Cheese Orange Juice Potato Salad Wheat Bread (2) Baked Cookie Milk Mustard
5/20/2024	5/21/2024	5/22/2024	5/23/2024	5/24/2024
Cranberry Dijon Braised Pork White Rice Broccoli Dinner Roll Pineapple Tidbits Milk Margarine	Salisbury Beef w/Gravy Whipped Red Skin Potatoes Parslied Carrots Dinner Roll Fruited Gelatin Milk Margarine	Bourbon Chicken Thigh Creamed Corn Lima Beans Dinner Roll Applesauce Milk Margarine	Beef Spaghetti Casserole Green Peas Tossed Salad Dinner Roll Tropical Fruit Milk Margarine Ranch Dressing	Chicken Salad Tomato & Lettuce Kidney Bean Salad Wheat Bread (2) Orange Juice Milk
5/27/2024	5/28/2024	5/29/2024	5/30/2024	5/31/2024
Closed	Chicken Fajitas Black Beans & Rice Fiesta Vegetable Blend Flour Tortilla Fudge Crème Cookie Milk Margarine	Beef/Turkey Sloppy Joe Vegetarian Baked Beans Sliced Carrots Wheat Hamburger Bun Seasonal Fruit Milk	Teriyaki Braised Pork Brown Confetti Rice Broccoli Dinner Roll Tropical Fruit Milk Margarine	Chicken Chef Salad Pasta Salad Beet Salad Wheat Crackers Banana Milk Ranch Dressing

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
 <h2>NW Cabarrus LunchPlus Club</h2>				
		1 10:30 Mother Goose Day Trivia	2 10:30-11:30 Advance Care Planning Presentation and Workshop with Notary Service by Atrium Health	3 10:00 Bingo
6 10:30 Cinco De Mayo	7 10:30 Tell Your Best Joke	8 11:00 How to Protect Yourself / Senior's Defense by Cabarrus County Sheriff's Department	9 10:30 Tai Chi Exercise 11:00 Most Common Problems Found in a Home by Vanessa Miles with Allen Tate	10 10:00 Bingo
13 10:30 Mother's Day Celebration	14 10:30 National Drawing Day (How well can you draw?)	15	16 10:30 Tai Chi Exercise	17 10:00 Bingo
20 10:30 Exercise	21	22 10:30 Scavenger Hunt	23 10:30 Tai Chi Exercise 11:00 Cabarrus County Library	24 10:00 Bingo
27 Closed Memorial Day	28 10:30 Memorial Day and May Birthday Celebration	29	30 10:00 Trivia 10:30 Tai Chi Exercise 11:45 National Fresh Vegetables Day (Treat and Discussion)	31 10:00 Bingo

***Programs are subject to change. ***