

























NUTRITION AND SERVICES FOR SENIORS  
JUNE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 FLOWER OF THE MONTH		Available NOW@ Nutrition & Services For Seniors Emergency Response Systems Contact Lottie @ 892-4455 or 722-7782 Only \$30.00 Per Month
June 3 *5	June 4 *5	June 5 *4	June 6 *5	June 7 *6
Beef Patty w/Lima Beans Zucchini Cornbread Orange Slices Juice  NATIONAL EGG DAY	Chicken Strips w/Honey Mustard Yellow Squash Wheat Bread Diced Peaches Milk  CHEESE DAY	Macaroni & Cheese Ham Slice Brussels Sprouts California Mixed Vegetables Fruit Cup Juice  GLOBAL RUNNING DAY	Beef Broccoli Stir Fry Brown Rice Carrots Roll Chocolate Fluff Milk  NATIONAL YO-YO DAY	Chicken Cacciatore w/Egg Noodles Italian Veggies Peas & Mushrooms Garlic Bread Raisins Juice  DEAN MARTIN BIRTHDAY
June 10 *6	June 11 *5	June 12 *5	June 13 *5	June 14 *5
Spaghetti Casserole Green Beans Bread Stick Cinnamon Apples Juice  NAT'L BLACK COW DAY	Chicken Florentine w/Linguine Italian Mixed Vegetables Stewed Tomatoes Lemon Pudding Milk  NAT'L RIVERS MONTH	Baked Chicken Thighs w/Chicken Gravy Rice Chuckwagon Corn Apple Crisp Juice  Alzheimer's & Brain Awareness Month FOR MY FAMILY	Meatloaf w/Gravy Mashed Potatoes Broccoli Roll Jello w/Pineapple Milk  NATIONAL HERMIT WK	Smothered Pork Chops Black-eyed Peas Cauliflower w/ Red Peppers Cornbread Yogurt Juice  FAMILY HISTORY DAY
June 17 *5	June 18 *5	June 19 *5	June 20 *4	June 21 *7
Chicken Tetrizzini Capri Mixed Vegetables Chuckwagon Corn Garlic Bread Chocolate Pudding Juice  INT'L VIOLIN DAY	Meatball Marinara Sub on Bun Mozzarella Cheese Baby Carrots Oven Brown Potatoes Orange Slices Milk  NATIONAL SPLURGE DAY	Swiss Steak w/Peppers & Onions Mashed Potatoes Zucchini Roll Diced Pears Juice  Juneteenth	Chicken Salad Greek Pasta Salad Cucumber & Onion Salad Crackers Fruit Cup Milk  ANNIVERSARY OF JAWS	Baked Potato w/BBQ Beef Cheese Baked Beans Cole Slaw Spiced Peaches Juice  FIRST DAY OF SUMMER JUNE 21
June 24 *6	June 25 *6	June 26 *5	June 27 *5	June 28 *5
Pork Roast w/Gravy Mashed Potatoes Broccoli Roll Applesauce Juice  NATIONAL PRALINES DAY	Baked Fish w/Yvette Sauce Brown Rice Turnip Greens Roll Chocolate Chip Cookie Milk  Today is National BIBLICIOUS DAY!	Chicken Burger Parsley Red Potatoes Dilled Carrots Lettuce & Mayo Bun Yogurt Juice  NAT'L BEEF STEAK MONTH	Chicken Enchiladas w/Red Sauce Mexi-Corn Green Beans Tortilla Vanilla Pudding Milk  NATIONAL HANDSHAKE DAY	Cheese Omelet w/Salsa Seasoned Potatoes Pinto Beans Biscuit Diced Pears Juice  PAUL BUNYAN DAY

MILK OR JUICE SERVED WITH EACH MEAL  
SUBSTITUTIONS MAY BE MADE DUE TO DELIVERY OF PRODUCTS

**\* INDICATES  
CARB EXCHANGES**