

Nutrition & Services for Seniors

June 2022

MON	TUE	WED	THU	FRI
1				
 Sunday, June 19, 2022		1 Beef Mac & Cheese Green Beans Garlic Knot Fresh Apple Milk	2 Cheeseburger w/Trimming Tator Tots Chuckwagon Corn Banana Pudding Cup, Juice	3 Baked Chicken Baby Baker Potatoes Mixed Vegetables Roll Orange Milk
6				
6 Honey Lime Chicken, Brown Rice, Carrot Coins Roll Pudding Juice	7 Meatball Sub w/Swiss Cheese on Bun, Yellow Squash, Warm Potato Salad Tossed Salad w/Dressing Juice	8 Cod Fish Sticks Seasoned Rice Brussels Sprouts Roll Fruit Cup Milk	9 Cheese Omelet topped w/Salsa Seasoned Rice Baked Beans Veggie Salad w/Dressing Tortilla Fruit Juice	10 Steak Fingers Mashed Potatoes Normandy Vegetables Peaches Milk
13				
13 Hamburger Steak w/Gravy, Steamed Rice, Peas & Carrots Spiced Apples Fresh Fruit Milk	14 Chicken Enchiladas w/Red Sauce Spanish Rice Refried Beans Yogurt, Juice	15 Tuna Salad W/Lettuce & Tomato Cucumbers & Onions Crackers Milk	16 Baked Pork Chops w/Gravy Diced Potatoes Cabbage Roll Juice	17 Ravioli w/ Marinara Sauce Steamed Broccoli Roll Chocolate Pudding, Juice
20				
20 Cabbage Rolls Potato Pancakes Baby Carrots Yogurt Juice	21 Turkey & Swiss on Wheat Bread w/Trimming Coleslaw Potato Salad Pudding Juice	22 Meatloaf w/Tomato Gravy, Mashed Potatoes, Sugar Snap Peas Roll Fresh Fruit Salad Milk	23 Chicken Rice Casserole Spinach Garlic Knot Romaine Veggie Salad w/Dressing Juice	24 Teriyaki Chicken Steamed Rice Stir Fry Veggies Roll Fresh Fruit Milk
27				
27 Chicken Fajitas W/Peppers/Onions Seasoned Rice Refried Beans Banana Pudding Cup, Tortilla Juice	28 Chicken Salad Carrot Raisin Salad, Pasta Salad Yogurt Juice	29 Sliced Ham Baby Baker Potatoes Potatoes, Greens Roll Pineapple Chunks Milk	30 Lasagna Green Beans Garlic Knot Chocolate Pudding Juice	JUNE 14 

Milk or Juice served with each meal. Substitutions made according to availability of products.