




June Menu 2022

Lunch is a suggested voluntary contribution of \$3.00

Serving adults 60 years and older

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Meatball Sandwich with Cheese on a Whole Grain Bun Mixed Vegetables Tater Tots Mandarin Orange Milk	2 Turkey Pot Pie Broccoli Florets Juicy Grapes Chocolate Milk	3 Cream of Mushroom Chicken Wild Rice Coleslaw Fruit Cobbler Milk
6 Breaded Pollock Roasted Sweet Potatoes California Blend Vegetables Whole Wheat Roll Applesauce Milk	7 Pork Chili Verde Fiesta Vegetables Black Beans with Cheese Mandarin Orange Milk	8 Swiss Steak with Gravy Mashed Potatoes Honey Cinnamon Carrots Strawberries Milk	9 Spinach Ravioli with Mushroom Sauce California Blend Vegetables Whole Grain Breadstick Peaches or Pears Milk	10 Jamaican Turkey Couscous Italian Blend Vegetables Whole Orange Chocolate Milk
13 Beef Burgundy Noodles California Blend Vegetables Oatmeal Raisin Cookie Milk	14 Baked Salmon Potato Medley Roasted Green Beans Whole Grain Roll Strawberries Milk	15 Ham and Cheese on Rye with Dijon Mustard Colorful Coleslaw Mandarin Orange Milk 	16 Polynesian Meatballs Wild Rice Pilaf Japanese Vegetables Juicy Grapes Chocolate Milk	17 Tortellini with Pesto Sauce Roasted Carrots Applesauce Milk
20 Pork Chop with Country Gravy Brown Rice Oriental Vegetables Whole Orange Chocolate Milk	21 BBQ Cheeseburger with Lettuce, Tomato and Onion on a Whole Grain Bun Tater Tots Fresh Plum Milk	22 Fettuccini Alfredo Meatballs California Blend Vegetables Peach or Nectarine Milk	23 Homemade Chili Cornbread Roasted Cauliflower Crisp Apple Milk	24 Chicken Cordon Bleu Mashed Potatoes with Gravy Brussels Sprouts Petite or 1/2 Banana Milk 
27 Spaghetti and Meat Sauce Italian Blend Vegetables Whole Wheat Dinner Roll Crisp Apple Milk	28 Crab Cake with Tartar Sauce Brown Confetti Rice Peas and Carrots Mandarin Oranges Chocolate Milk	29 Carved Turkey Breast with Gravy Roasted Sweet Potatoes Green Beans with Bacon Applesauce Milk	30 Teriyaki Chicken Fluffy White Rice Broccoli Florets Oatmeal Raisin Cookie Milk	The salt & pepper shakers indicate a meal that contains more than 1000 mg of sodium 

Home delivered meals should be eaten immediately or refrigerated to avoid spoilage.

For reheating instructions, please see the other side of this menu.

Service is subject to interruption due to weather or power outages. Menu is subject to change.

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