

Alternate Meal Schedule (Senior Center Lunches Only)


Soup with Turkey Sandwich:

June 6-7 Vegetable Beef
June 8-10 Chicken Noodle

June 20-21 Cream of Broccoli
June 22-24 Chicken Noodle

Salads:

June 1-3 June 27-30
June 13-17

Monday	Tuesday	Wednesday	Thursday	Friday
Suggested donation \$3/meal	Menu subject to change Low fat milk (12) is provided with each meal	1 Sloppy Joe (03) Fresh Baked Bun (15) Potato Salad (19) Pork and Beans (25) Oranges (22)	2 Creamed Chicken over White Rice (30) Seasoned Peas (18) Fresh Baked Rolls (16) Apple Crisp (28)	3 Honey Baked Ham (02) Scalloped Potatoes (13) Diced Beets (06) Fresh Corn Bread (33) Mandarin Oranges (08)
6 Sweet and Sour Chicken (30) Steamed White Rice (21) Stir Fried Vegetables (12) Fresh Apple (12) Fresh Baked Rolls (15)	7 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (11)	8 Broiled Bratwurst with Fresh Baked Hoagies (17) Sauerkraut (04) Cottage Cheese and Mixed Fruit (13) Brownie (23) Roasted Corn (14)	9 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Mixed Fruit in Jell-O (22)	10 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Diced Carrots (06) Fresh Baked Roll (15) Mandarin Oranges (19)
13 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Oranges (11)	14 Pasta Bake with Meat Sauce (25) Green Beans (02) Garden Green Salad (02) Fresh Garlic Roll (15) Seasonal Fruit Crisp (67)	15 Teriyaki Chicken Bowl (08) Steamed Rice (21) Fresh Steamed Broccoli (04) Pineapple (28) Fresh Baked Roll (15)	16 Garlic Roasted Beef Round with Gravy (10) Herb Roasted Baby Potatoes (15) Peas (11) Apple Crisp (23) Fresh Baked Roll (16)	17 Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Oranges (22)
20 NO MEAL  JUNE TEENTH FREEDOM DAY (observed)	21 Swedish Meatballs (39) Rice (21) Carrots (06) Apple Sauce (18) Fresh Baked Roll (16)	22 Smokey BBQ Beef Sandwich with Fresh Baked Bun (35) Roasted Corn with Red Peppers (14) Apple (12) Baked Beans (23)	23 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)	24 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (26) Mandarin Oranges (19) Mixed Vegetables (12) Fresh Baked Roll (15)
27 Roasted Lemon Pepper Chicken (10) Herb Mashed Potatoes and Gravy (26) Seasoned Peas (11) Fresh Baked Roll (16) Apple Sauce (19)	28 Spaghetti with Meat Sauce (25) Green Beans (02) Garden Green Salad (02) Fresh Garlic Roll (15) Seasonal Fruit Crisp (67)	29 Shepherd's Pie (79) Diced Carrots (06) Cottage Cheese and Mixed Fruit (12) Chocolate Brownie (23)	30 Kalua Pork (00) Hawaiian Rice (25) Seasoned Corn (14) Pineapple Tidbits (07) Fresh Baked Rolls (15)	Number in parentheses represent carbohydrate count