

Senior Center Lunch Menu

June 2019

Monday	Wednesday	Friday
3rd Breded Pollock, Parslled Potatoes, Mixed Vegetables, Hamburger Bun, Fresh Seasonal Fruit, Coffee, Milk, Tarter Sauce	5 th Chicken Cacciatore, Au Gratin Rotini, Brussel Sprouts, Wheat Bread, Choc Chip Cookie, Coffee, Milk, Margarine	7 th Turkey Breast, Turkey Gravy, Baked Sweet Potato, Capri Vegetable Blend, Multi-Grain Bread, Apricot Halves, Coffee, Milk, Margarine
10 th Sausage w/Onions & Peppers, Roasted Sweet Potatoes, Broccoli, Multi-Grain Bread, Apricots, Coffee, Milk, Margarine	12 th Roast Beef, Brown Gravy, Whipped Potatoes, Green Peas, Wheat Roll, Birthday Cake, Coffee, Milk, Margarine	14 th Honey Baked Chicken, Whipped Potatoes w/Gravy, Green Peas, Dinner Roll, Apple Pie, Coffee, Milk, Margarine
17 th Salisbury Beef, Baked Potato, Spinach, Multi-Grain Bread, Strawberry Applesauce, Coffee, Milk, Margarine (2), Sour Cream	19 th Chicken Supreme, Whole Kernel Corn, Zucchini & Tomatoes, Multi-Grain Bread, Ambrosia Pudding, Coffee, Milk, Margarine	21 st Chicken Salad, Lettuce & Tomato, Potato Salad, Wheat Hamburger Bun, Peaches, Coffee, Milk
24 th Beef & Noodle Casserole, Green Peas, Sliced Carrots, Multi-Grain Bread, Sliced Pears, Coffee, Milk, Margarine	26 th Taco Meat, Lettuce & Tomato, Shredded Cheese, Mexican Rice, Mixed Beans, Tortilla Chips, Fresh Seasonal Fruit, Coffee, Milk, Taco Sauce, Sour Cream.	28 th Liver & Onions or Beef w/Onion Gravy, Whipped Potatoes, Green Beans, Wheat Roll, Oatmeal Cookie, Coffee, Milk, Margarine

** Menu subject to change without notice**

☞ Indicates meal is high in sodium