

Monday	Tuesday	Wednesday	Thursday	Friday
2 Tuna Salad Croissant 8oz Low Fat Milk 4oz Tropical Fruit 4oz Carrots WG Croissant 3oz Tuna	3 Chicken Burrito 8oz Low Fat Milk 4oz Pear 4oz Corn 8" WG Tortilla 3oz Diced Chicken	4 Beef Stew 8oz Low Fat Milk 4oz Mixed Fruit 4oz Green Beans 4oz WG Brown Rice 3oz Beef Cubes	5 Baked Turkey 8oz Low Fat Milk 4oz Baked Cinnamon Apples 4oz Mixed Vegetables WG Dinner Roll w/ Margarine 3oz Roasted Turkey* 4oz Mashed Potatoes	6 Lemon Pepper Baked Chicken 8oz Low Fat Milk 4oz Peaches 4oz Vegetable Blend 4oz Pasta Salad 3oz Diced Chicken WG Dinner Roll
9 Sausage and Rice 8oz Low Fat Milk 4oz Seasonal Fresh Fruit 3oz Pinto beans 3oz Plaintain Salad 4oz Rice/Sausage	10 Sweet & Sour Chicken 8oz Low Fat Milk 4oz Fresh Orange 4oz Stir Fry Vegetables 4oz Brown Rice 3oz Chicken*	11 Spaghetti & Meatballs 8oz Low Fat Milk 4oz Pears 4oz Carrots 4oz Spaghetti 3oz LS Tomato SC. Meatballs	12 Italian Chicken Pattie 8oz Low Fat Milk 4oz Appleslices 4oz Mixed Vegetables WG Bun 3oz Chicken Pattie	13 Roast Beef 4oz Fresh Seasonal Fruit 4oz California Blend 4oz Rice With Beans 3oz Roast Beef
16 Fish 8oz Low Fat Milk 4oz Fruit Cocktail 4oz Stewed Tomatoes WG Bun 3oz Crispy Cod Tartar Sauce	17 Spaghetti and Meat sauce 8oz Low Fat Milk 4oz Appleslices 4oz Spaghetti WG Roll 3oz Ground Beef and Sauce Salad	18 Beef 8oz Low Fat Milk 2oz Pear 4oz Mixed Vegetables 4oz Mashed Potatoes 3oz Beef	19 Centers will be Closed for Juneteenth	20 Turkey Ham & Cheese Sandwich 8oz Low Fat Milk 4oz Applesauce 4oz Peas WG Bread 3oz Turkey Ham and Cheese Slices
23 Salisbury Steak 8oz Low Fat Milk 4oz Mixed Fruit 4oz Broccoli WG Roll 3oz Beef Patty w Ls Gravy 4oz Mashed Potatoes	24 Chicken Curry Casserole 8oz Low Fat Milk 4oz Pineapple Chunks 4oz Stir Fry Vegetables* 4oz Brown Rice 3oz Diced Chicken celery & carrots	25 Sloppy Joe Sandwich 8oz Low Fat Milk 4oz Fresh Seasonal Fruit 4oz Potato Salad WG Bun 3oz Ground Turkey & Sauce	26 Beef with Mushroom Sauce 8oz Low Fat Milk 4oz Pears 4oz Mixed Vegetables 4oz WG Rice 3oz Beef & Sauce* Mushrooms*	27 Chicken Parmesan 8oz Low Fat Milk 4oz Fresh Orange 4oz Carrots 4oz WG Pasta 3oz Chicken Breast & Cheese*
30 Montreal Chicken & Rice 8oz Low Fat Milk 4oz Fresh Pear 4oz Peas and Carrots 4oz Rice Pilaf 3oz Diced chicken		To Skip Or Cancel your meals Contact our center 610-374-3195 Ext. 201		