



# JUNE 2023

Menu subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<b>NUTRITION PROGRAM</b> - The suggested contribution is \$3.00 for people 60 years and over. The meal cost is \$8.00 for people under 60 years old. Lunch is served from 11:45 a.m. to 12:15 p.m. Doors open 10:30 a.m. <b>First come, first served.</b>  = Meal contains more than 1000mg sodium			1 Meat loaf w/ tomato sauce, mashed potatoes, corn, fruit	2 Baked seasoned pork chop, mashed sweet potatoes, cauliflower, fruit
5 Crispy oven chicken, wild rice, green beans, broccoli raisin salad, fruit	6 Meatloaf w/ brown gravy, mashed potatoes, mixed veggies, fruit	7 Chicken Cacciatore w/onions, green bell peppers, mushrooms, pasta, green salad, fruit	8 Battered cod fish, white rice, mixed veggies, apple celery slaw, fruit	9 Spinach pasta w/ mixed veggies, corn, green salad, fruit
12 Krab cake, brown rice, glazed carrots, coleslaw, fruit	13 <b>Vegetarian</b> Pizza w/ cheese, tomato, & marinara sauce, mixed veggies, green salad, egg, fruit	14 Seasoned meatballs, pasta, mixed veggies, green salad, fruit	15 Baked seasoned chicken, pasta, swiss chard, green salad, fruit	16 Sloppy Joe w/ beef, onions, celery, & red bell peppers, sesame seed bun, broccoli & carrots, fruit, special dessert.  Happy Father's Day!!
19 Baked seasoned chicken, mixed veggies, baked potato, fruit	20 Baked cod fish, wild rice, roasted brussels sprouts, fruit	21 Mac & cheese, mixed veggies, green salad w/ tomatoes & cucumber, roll, fruit	22 Tuna sandwich w/ celery, tomatoes & red onion, vegetable soup, carrot raisin salad, fruit	23 Teriyaki chicken, wild rice, mixed veggies, green salad, fruit
26 Beef stew w/ pasta, green beans, tomato & kidney beans, mixed veggies, fruit	27 Baked cod, brown rice, spinach & carrots, golden mandarin beet salad, fruit	28 Chicken pot pie w/ mixed veggies, green salad, fruit	29 Baked pork chop, mushroom gravy, mashed potatoes, mixed veggies, fruit	30 Lasagna w/ beef cheese & pasta, corn, coleslaw, fruit

Menu subject to change