





JUNE 2024

Menu subject to change

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Crispy oven chicken, wild rice, green beans, broccoli raisin salad, fruit</p>	<p>4</p> <p>Meatloaf, mashed potatoes, peas & carrots, fruit</p>	<p>5</p> <p>Chicken cacciatore, pasta, mixed veggies, green salad, fruit</p> 	<p>6</p> <p>Baked breaded cod, white rice, mixed veggies, coleslaw, fruit</p>	<p>Vegetarian 7</p> <p>Spinach enchilada casserole, Spanish rice, green salad, fruit</p>
<p>10</p> <p>Krab cake, brown rice, carrots, coleslaw, fruit</p>	<p>Vegetarian 11</p> <p>Pizza w/ marinara sauce, cheese, tomatoes & more, mixed veggies, green salad, fruit</p>	<p>12</p> <p>Seasoned beef meatballs, pasta, mixed veggies, green salad, fruit</p>	<p>13</p> <p>Baked seasoned chicken, pasta salad, Swiss chard, green salad, fruit</p>	<p>14</p> <p>Baked breaded cod, wild rice, roasted brussels sprouts, fruit</p>
<p>17</p> <p>Baked chicken, baked potato, peas & carrots, fruit</p>	<p>18</p> <p>Sloppy Joe (ground beef) w/ onions, celery, & red bell pepper, bun, mixed veggies, fruit</p>	<p>19</p> <p>Tuna sandwich w/ celery, tomatoes, & onions on wheat bread, veggies soup, carrot raisin salad, fruit</p>	<p>Vegetarian 20</p> <p>Mac & cheese, mixed veggies, green salad, fruit</p>	<p>21</p> <p>Teriyaki chicken, wild rice, mixed veggies, green salad, fruit</p>
<p>24</p> <p>Lasagna (beef, cheese & pasta), corn, coleslaw, fruit</p> 	<p>25</p> <p>Baked breaded cod, brown rice, mixed veggies, golden mandarin beet salad, fruit</p>	<p>26</p> <p>Chicken pot pie w/ mixed veggies, dinner roll, fruit</p>	<p>27</p> <p>Baked pork chop w/ mushroom gravy, mashed potatoes, mixed veggies, fruit</p>	<p>28</p> <p>Beef w/ broccoli, mixed veggies, green salad, fruit</p>
			<p>NUTRITION PROGRAM - 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. First come, first served.</p>  <p>= Meal contains more than 1000mg sodium</p>	

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