

# JUNE 2023: LUNCHEON MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p><b>1</b> 8 oz. Cream of Broccoli Soup/Crackers Chicken Caesar Salad 1 c. Romaine Mix/3 oz. chicken ½ c. Pasta Salad/Parmesan Cheese 1 pack Italian Dressing/Croutons 1.1 oz. Dinner Roll Oatmeal cookies/8 oz. 2% Milk</p>	<p><b>2</b> 4 oz. Beef Cheeseburger 1.4 oz. Hamburger Roll Lettuce/Tomato ½ c. Buttered Corn ½ c. Italian Green Beans ½ c. Apple Cobbler 8 oz. 2% Milk</p>
<p><b>5</b> 3 oz Sliced Ham 2oz. Pineapple Sce ½ c. Mashed Sweet Potatoes ½ c. Cabbage 1 slice Wheat Bread 2.2 oz. Chocolate Chip Cookies or 4 oz. Choc Ice Cream 8 oz. 2% Milk</p>	<p><b>6</b> 6 oz. Vegetable Soup/Crackers 3 oz. Beef Swedish Meatballs 2 oz. Gravy ½ c. Buttered Noodles ½ c. Broccoli 1 slice Wheat Bread Fresh Banana/8 oz. 2% Milk</p>	<p><b>7</b> 3 oz. Riblet, 2oz. BBQ Sauce Sautéed Onions ½ c. Buttered Corn ½ c. Green Beans 1.4 oz. Roll ½ c. Mandarin Orange 8 oz. 2% Milk</p>	<p><b>8</b> 8 oz Lentil Soup/Crackers 4 oz. Chicken Salad Hoagie with Lettuce and Tomato ½ c Carrot Raisin Salad ½ c. Fruited Jello (peaches, pears, pineapple, cherry, grapes) 8 oz. 2% Milk</p>	<p><b>9</b> 3 oz Roasted Turkey 2oz Gravy ½ c. Bread Stuffing ½ c. Glazed Carrots 1 slice Whole Wheat Bread ½ c. Tropical Fruit Salad (pineap- ple, papaya)/8 oz. 2% Milk</p>
<p><b>12</b> 3 oz. low sodium Beef Hot Dog 2 oz. Sauerkraut/½ c. Baked Beans ½ c. Green Beans 1.4 oz. Hot Dog Roll 1 Ketchup/Mustard Packet ½ c. Canned Peaches 8 oz. 2% Milk</p>	<p><b>13</b> 6 oz. Sweet and Sour Chicken w/ peppers and onions ½ c. Brown Rice ½ c. Japanese Vegetables 1.1 oz. Roll ½ c. Vanilla Pudding 8 oz. 2% Milk</p>	<p><b>14</b> 8oz Escarole Soup/ Crackers ½ c. Tuna Salad ½ c. Potato Salad ½ c. Cucumber Salad 1 slice Wheat Bread Fresh Orange 8 oz. 2% Milk</p>	<p><b>15</b> Chef's Salad/Tomato and 3 oz. Ham Turkey, Egg and Cheese ½ c. Pasta Salad 1 slice Wheat Bread 2 T French Dressing ½ c. Pineapple 8 oz. 2% Milk</p>	<p><b>16</b> <b>DAY CENTER CLOSED FOR HOLIDAY</b></p>
<p><b>19</b> 8 oz. Tomato Soup/ Crackers 3 oz. Beef Meatloaf 2 oz. Gravy ½ c. Mashed Potatoes ½ c. Beets 1 slice Wheat Bread Brownie/8 oz. 2% Milk</p>	<p><b>20</b> 3 oz. Chicken Cheese Steak Sandwich Fried Onions 1.6 oz. Hoagie Roll ½ c. Home Fried Potatoes ½ c. Succotash (corn/lima beans) Banana 8 oz. 2% Milk</p>	<p><b>21</b> 8 oz. Pea Soup 3 oz. Crab Cake/Tartar/Cocktail Sauce ½ c. Macaroni and Cheese ½ c. Stewed Tomato/Zucchini 1 slice Wheat Bread Birthday Cake 8 oz. 2% Milk</p>	<p><b>22</b> Turkey Hoagie (3 oz. Meat/Cheese, Hoagie Roll) ½ c. Lettuce and Tomato ½ c. Potato Salad 1 packet Mayonnaise Apple 8 oz. 2% Milk</p>	<p><b>23</b> 3 oz. Chicken Florentine/2 oz. Sauce ½ c. Rice ½ c. Carrots 1 c. Tossed Salad/Tomato 2 T Creamy Italian Dressing 1 slice Wheat Bread Sugar Cookies/8 oz. 2% Milk</p>
<p><b>26</b> 3 oz. Beef Sloppy Joe ½ c. Noodles ½ c. Mixed Vegetables 1.4 oz. Hamburger Roll Parmesan Cheese ½ c. Fruit Cocktail (pineapple, peach, pear, grapes, cherries) 8 oz. 2% Milk</p>	<p><b>27</b> 3 oz. Cheese Omelet ½ c. Roasted Potatoes, Peppers, Onions ½ c. Spinach 1 slice Wheat Bread ½ c. Mandarin Oranges 8 oz. 2% Milk</p>	<p><b>28</b> <b>4TH OF JULY CELEBRATION!</b> 4 oz. Beef Cheeseburger 1.4 oz. Hamburger Roll ½ c. Chuck-wagon Corn Sauteed Onions/½ c. Green Beans Lettuce and Tomato ½ c. Watermelon 8 oz. 2% Milk</p>	<p><b>29</b> 8 oz. Baked Potato Soup/Crackers 4 oz. Egg Salad Lettuce Leaf w/ Sliced Tomato/4 oz. Pickled Beets 1 slice Wheat Bread ½ c. Chocolate Pudding 8 oz. 2% Milk</p>	<p><b>30</b> 3 oz. Chicken Parmesan 4 oz. Pasta 2 oz. Tomato Sauce ½ c. Garlic Green Beans 1 slice Wheat Bread Parmesan Cheese Banana 8 oz. 2% Milk</p>