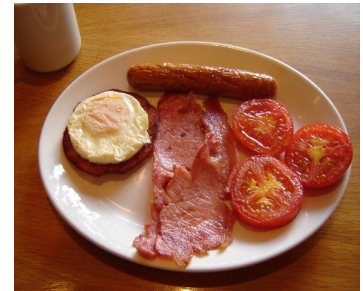

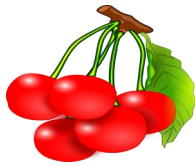




SENIOR LUNCH MENU

June 2018



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Sliced Roast Beef, Mashed Potatoes, Cheesy Broccoli, Berry Trifle
4 Dixie Chicken, Black Eye Peas, Mixed Vegetables, Birthday Cake	5 Honey Glazed Turkey, Parmesan Potatoes, Succotash, Fruit Crisp	6 Beef Stroganoff, Jefferson Noodles, Carrot Coins, Sliced Peaches, Pound Cake	7 Tuna & cheese Lasagna, Tossed Salad w/dressing, Baked Sliced Apples, Cookie	8 Maple Glazed Pork Chop, Baked Potato, Cheese Sauce, Broccoli, Fruit Cobbler
11 Pepper Steak w/ gravy, Rice, Vegetable Medley, Tropical Fruit Salad	12 Cornflake Chicken, Macaroni & Cheese, Zucchini & tomatoes, Fruit Crisp	13 Sliced Turkey w/ gravy, Yam Patties, Cheesy Spinach, Fruit Salad/Chocolate Chip Cookie	14 Meatloaf, Mashed Potatoes, gravy, Confetti Coleslaw, Assorted Cake	15 Stuffed Peppers, Zucchini casserole, Peanut Butter Cookie
18 Crispy Baked Fish, Creamy Pasta Salad, Calico Coleslaw, Fresh fruit, Pound Cake	19 Fiesta Pork Chop, Rice, Black Eye Peas, Pear Delight	20 Beef Tips w/ mushroom gravy, Parslied Noodles, Zucchini Casserole, Fresh Fruit/Poke cake	21 Spinach, Mushroom & Cheese Lasagna, Caesar Salad w/dressing, Strawberries w/	22 Oriental Pepper Steak, Parslied Rice, Green Beans, Fruit Trifle
25 Stuffed Peppers, Green Beans, Stewed Tomatoes, Chocolate Chip Cookie	26 Italian Meat Sauce, Jefferson Noodles, Caesar Salad w/dressing, Rosy Pears	27 Chicken Rice Casserole, Corn O'Brien, Baby Carrots, Fresh Fruit Salad	28 Turkey Croquette, Parmesan Potatoes, Confetti Coleslaw, Cake w/ frosting	29 Lemon Pepper Chicken w/gravy, Cheesy Spinach, Squash Medley, Fresh Fruit Salad

▶ **Healthy Tip of the Month:**

Eat Breakfast

Start you morning with a healthy breakfast that includes lean protein, whole grains, fruit and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

All meals are served with Dinner Roll and 2% or Skim Milk