

# SENIOR LUNCH PROGRAM

## JUNE 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Italian Meat sauce, Spaghetti Noodles, Tossed Salad w/dressing, Fresh Fruit	<b>2</b> Cheddar Baked Fish, Potato fingers, Greens, Cake w/frosting	<b>3</b> Dixie Chicken, Seasoned Carrots, Bread dressing, Fruit Crisp	<b>4</b>
<b>5</b> 	<b>6</b> Stuffed Peppers, Vegetable Medley, Birthday Cake	<b>7</b> Lemon Pepper Chicken, Scalloped Potatoes, Spinach, Poke Cake	<b>8</b> Beef Tips with mushroom sauce, Rice, Seasoned Carrots, Fruit	<b>9</b> Maple Pork Chop, Baked Potato, Cheesy Broccoli, Pineapple Trifle	<b>10</b> Sliced Glazed Ham, Sweet Potatoes, Lima Beans, Hawaiian Cup,	<b>11</b>
<b>12</b>	<b>13</b> Meat Lasagna, Caesar Salad w/dressing, Fruit Cobbler	<b>14</b> Turkey w/gravy, Whipped Sweet Potatoes, Greens, Fresh Fruit Salad, Chocolate Chip Cookie	<b>15</b> Italian Pork Chop, Scalloped Potatoes, Green Beans, Berry Cup	<b>16</b> Beef Stroganoff, Jefferson Noodles, Seasoned Carrots, Sliced Peaches, Pound Cake	<b>17</b> Teriyaki Chicken, Brown Rice, Zucchini & Tomatoes, P.B. Cookie, Strawberries	<b>18</b>
<b>19</b>  Happy Fathers Day	<b>20</b> Herb Pork, DelMonico Potatoes, Calico Cole-slaw, Fruit Cocktail, Oatmeal	<b>21</b> Chicken Rice Casserole, Corn O'Brien, Brussel Sprouts, Fruit Trifle	<b>22</b> Veggie Lasagna, Squash Medley, Strawberries w/topping	<b>23</b> Pepper Steak w/gravy, Mashed Potatoes, Mixed Vegetables, Hawaiian cup	<b>24</b> Honey Glazed Turkey, Sweet Potatoes, Green Beans, Peach Cobbler	<b>25</b>
<b>26</b>	<b>27</b> Salisbury Steak, Mashed Potato w/gravy, Cheesy Broccoli & Cauliflower, Apple Crisp	<b>28</b> Pork Roast, Baked Sweet Potato fingers, Green Beans, Strawberries, Confetti Cake	<b>29</b> Beefy Ranch Casserole, Tossed Salad w/dressing, Fruit Trifle	<b>30</b> Turkey Croquette, Parmesan Potatoes, Cole-slaw, Peanut Butter Cookie	 <small>shutterstock · 190316375</small>	

**Follow Food Safety Guidelines:** The Centers for Disease Control and Prevention estimates that roughly one in six Americans gets sick from foodborne disease each year. Reduce your chances of getting sick by practicing proper hand washing. Separate raw meat, poultry and seafood from ready-to-eat foods like bread and vegetables. Use a food thermometer to make sure food is properly cooked. Refrigerate food quickly at a proper temperature to slow bacteria growth. Learn more about home food safety at <http://homefoodsafety.org>.



**All Meals are served with a choice of Skim or 2% Milk and Dinner Roll.**