




# SENIOR LUNCH MENU

## JUNE 2017



Mon	Tue	Wed	Thu	Fri
			<b>1</b> Spaghetti Noodles, Italian Meat sauce, Tossed Salad, Fresh Fruit	<b>2</b> Encrusted Pork Lion w/ Aujus, Soft Pinto Beans, Cheesy Broccoli, Fresh Fruit, Cake
<b>5</b> Beef Piccata, Fresh Mashed Potatoes, Gravy, Sweet & Sour Cabbage, Pineapple, Birthday Cake	<b>6</b> Lemon Pepper Chicken, Scalloped Potatoes, Spinach, Poke Cake	<b>7</b> Beef Tips w/ mushroom gravy, Brown Rice, Carrot Coins, Fruit Crisp	<b>8</b> Crispy Baked Fish, Creamy Pasta Salad w/ veggies, Confetti Cole-slaw, Strawberries/ Pound cake	<b>9</b> Chicken Florentine, Parmesan Potatoes, Broccoli & Cheesy Cauliflower, Fruit Cobbler
<b>12</b> Spinach, Mushroom & Cheese Lasagna, Squash Medley, Strawberries w/ topping	<b>13</b> Chicken Rice Casserole, Tossed Salad w/ dressing, Berry Trifle	<b>14</b> Herb Roasted Pork, DelMonico Potatoes, Cheesy Broccoli, Fruit, Chocolate Cookie	<b>15</b> Tuna & Cheese Lasagna, Tossed Salad, Dressing, Fruit Crisp	<b>16</b> BBQ Chicken, Macaroni & Cheese, Coleslaw, Fruit Trifle
<b>19</b> Teriyaki Chicken, Brown Rice, Zucchini & tomatoes, Peanut Butter Cookie	<b>20</b> Beef Piccata, Fresh Mashed Potatoes, Gravy, Sweet & Sour Cabbage, Assorted Cakes	<b>21</b> Fiesta Pork Chop, Rice Pilaf, Brussel Sprouts, Pear Delight	<b>22</b> Honey Glazed Turkey, Sweet Potato Wedges, Seasoned Green Beans, Peach Cobbler	<b>23</b> Pepper Steak w/ gravy, Mashed Potatoes, Mixed Vegetables, Hawaiian Cup
<b>26</b> Salisbury Steak Mashed Potatoes, gravy, Sweet & Sour Cabbage, Apple Crisp	<b>27</b> Turkey Divan w/ broccoli, Rice Pilaf, Fruit mix, Peanut Butter Cookie	<b>28</b> Beefy King Ranch Casserole, Tossed Salad w/ dressing, Pineapple Trifle.	<b>29</b> Dixie Chicken, Seasoned Carrots, Bread Dressing, Chocolate Chip Cookie	<b>30</b> Turkey Croquette Parmesan Potatoes, Confetti Coleslaw, Fruit Trifle

### Healthy Tip of the Month

**Cut Back on added sugars.**

**Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Reviewing ingredients on the food label can help you identify sources of added sugar. Visit: [www.choosemyplate.gov](http://www.choosemyplate.gov) for more information.**

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

