





## JUNE 2017 MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Each Meal Includes:</b>		<b>1</b>	<b>2</b>	
	* 1/3 of the Required Daily Amounts (RDA) * Milk * Condiments as appropriate  *Sodium >800  <i>Amy Bonas MS RDN LDN</i>		Crunchy Pollock Potato Wedges Peas Chocolate Pudding Peaches	Ham Loaf Roasted Red Potatoes California Blend Raisin Rice Pudding
	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Creamed Chicken Buttermilk Biscuit Green Beans Strawberry Rhubarb Raisin Crisp OJ	<b>COOK'S CHOICE</b>	Salisbury Ground Beef Baked Potato Mixed Vegetables or Mixed Vegetable Salad Peach Crisp	Hot Pork Sandwich w/ WW Bread and Potatoes w/Gravy Carrots & Broccoli Oatmeal Raisin Bar	Hearty Veg Beef Soup Corn Bread Banana Half Cinnamon Apples w/Crunchy Topping
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
 BBQ Pork on WW Bun California Blend or Chop-Chop Salad Potato Salad Banana half	Golden Baked Chicken Scalloped Potatoes Harvard Beets Sunshine Salad WW Roll	Swiss Style Gr. Beef Baked Potato Triple Salad Blushing Pears	Roast Turkey Potatoes/gravy Creamed Asparagus Strawberries OJ	Crunchy Pollock Sweet Potato Wedges Corn, Bean, Broccoli salad Pineapple Crunch Tomato Juice
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Chicken Noodle Casserole Brussel Sprouts Apricots Pumpkin Custard OJ	Pork Loin Chop Potatoes/Gravy Squash WW Roll Apple Crisp	Taco Salad Corn Salad Plums Royal Brownie Tomato Juice	Crunchy Baked Fish Parsley Potatoes Creamed Peas Fruit Cup with Dip	Liver & Onions or Beef Patty Mashed Potatoes and Gravy Mixed Vegetable WW Roll Mixed Fruit
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Roast Beef Potatoes w/ Gravy Carrots & Broccoli Applesauce Jello Orange Wedges	Shepherd's Pie Asparagus Apple Raisin Salad Royal Brownie WW Bread	Baked Chicken Baked Potato Three Bean Salad Peaches Tomato Juice	 Crab or Tuna Salad Carrot Grape Salad Cranberry/Pear Crisp WW Roll	Chicken Rice Casserole Beets or Layered Lettuce Hot Fruit Compote Chocolate Chip Bar OJ