JUNE 2018 MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Each Meal Includes:			**1**
Elderbridge AGENCY ON AGING	* 1/3 of the Required Daily Amounts (RDA) for persons age 70+ * Skim or 1% milk *Condiments as appropriate Sodium > 800mg Amy B Jones MS RDN LDN			Ham Loaf Roasted Red Potatoes California Blend Raisin Rice Pudding
4	**5**	**6**	**7**	**8**
Creamed Chicken Buttermilk Biscuit Green Beans Strawberry Rhubarb Raisin Crisp Grape Juice	Hearty Veg Beef Soup Corn Bread Banana Half Cinnamon Apples w/Crunchy Topping	Salisbury Ground Beef Baked Potato Mixed Vegetables or Mixed Vegetable Salad Peaches	Hot Pork Sandwich w/ WW Bread and Potatoes w/Gravy Orange Glazed Beets Oatmeal Raisin Bar	Cook's Choice
11	**12**	**13**	**14**	**15**
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 Black Bean & Corn Salad Pineapple Crunch Tomato Juice
18	**19**	**20**	**21**	**22**
Liver & Onions or Beef Patty Mashed Potatoes and Gravy Mixed Vegetable WW Roll Mixed Fruit	Crunchy Baked Fish Parsley Potatoes Creamed Peas Fruit Cup with Dip	Pork Loin Chop Potatoes/Gravy Broccoli Raisin Salad Apple Crisp	Taco Salad Corn Salad Plums Royal Brownie Tomato Juice	Chicken Jambalaya Brussel Sprouts Apricots Pumpkin Custard OJ
25	**26**	**27**	**28**	**29**
Chicken with Peach Sauce Brown Rice Three Bean Salad Peaches Tomato Juice	Roast Beef Potatoes w/ Gravy Carrots Applesauce Jello Orange Wedges	Chicken Rice Casserole Beets or Layered Lettuce Hot Fruit Compote Chocolate Chip Bar OJ	Crab or Tuna Salad Carrot Grape Salad Cranberry/Pear Crisp WW Roll	Shepherd's Pie Asparagus Apple Raisin Salad Royal Brownie WW Bread