





JUNE 2018 MENUS

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