

# FOOD AND NUTRITION SERVICES | SENIOR NUTRITION PROGRAM



A family  
of services.  
A family  
that serves.

## LUNCH MENU

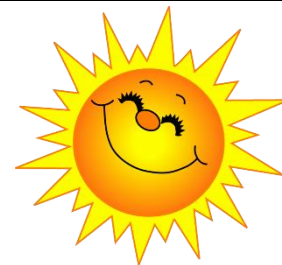
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### JUNE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Lentil Soup <b>TURKEY BOLOGNESE</b> w/ Penne Pasta & Tomato Sauce Herbed Zucchini & Yellow Squash Caesar Salad w/Dessing *Pineapple & Mango Fruit Cup	<b>4</b> <b>BEEF MEATLOAF</b> w/ Mushroom Sauce Whole Grain Bread Sage Mashed Potatoes Broccoli ***Cantaloupe or *Orange or Tangerine	<b>5</b> Minestrone Soup <b>BAKED SALMON</b> w/ Dill Sauce Brown Rice Pilaf Roasted Corn ***Spinach Salad 1000 Island Dressing Apple	<b>6</b> <b>OVEN FRIED CKN</b> Macaroni & Cheese Green Beans w/ Herbs *Coleslaw Banana	<b>7</b> *Orange Juice <b>ROAST TURKEY</b> <b>BREAST w/Gravy</b> Cranberry Sauce WG Bread Stuffing Roasted Brussel Sprouts **Fresh Baked Sweet Potato or Yam Chocolate Chip Cookie
<b>10</b> Hearty Vegetable Soup <b>BAKED FISH</b> Barley Pilaf w/Herbs Green Beans w/Almonds *Broccoli Salad Apple or Apple Sauce	<b>11</b> <b>CHICKEN MILANESE</b> WG Linguine w/ Marinara Sauce Cauliflower & Zucchini Caesar Salad Caesar Dressing *Strawberries	<b>12</b> *Orange Juice <b>TKY TARRAGON STEW</b> Biscuit Vegetable in Entrée Mixed Salad Green Ranch Dressing Lemon Pudding	<b>13</b> <b>ASIAN BEEF PEP STEAK</b> Brown Rice **Mixed Asian Vegetables *Beet Salad w/ Mandarin Oranges Peach or Pear	<b>14</b> <b>Fathers Day Menu</b> *Orange Juice <b>POT ROAST</b> (w/ Carrots & Celery) Dinner Roll Mashed Potatoes Peas w/ Perl Onions Chocolate Cake
<b>17</b> <b>TURKEY VEGETABLE</b> <b>STIR FRY</b> Ginger Sauce Jasmine Brown Rice Vegetables in Entrée **Carrot, Bell Pepper Salad *Orange	<b>18</b> Slit Pea Soup <b>TUNA SALAD</b> (COLD PLATE) Whole Grain Roll Herbed Potato Salad *Red & Green Coleslaw Banana	<b>19</b> <b>BEEF ENCHILADA</b> <b>CASSEROLE</b> Corn Tortilla in Entrée Green Beans w/ Mushrooms Mesclun Salad Mix Cilantro Dressing *Fruit Cup	<b>20</b> Tuscan Veg Soup <b>TANDOORI CHICKEN</b> Pita Bread **Ginger Carrots Mixed Salad Greens Ranch Dressing *Cantaloupe or Tangerine	<b>21</b> *Orange Juice <b>SPAGHETTI W/</b> <b>MEATBALLS</b> WG Pasta w Sauce **Mixed Vegetable Blend Caesar Salad Dressing Oatmeal Cookie
<b>24</b> <b>CHICKEN DIJON</b> Whole Grain Roll Rosemary Potatoes ***Mixed Salad Ranch Dressing Fresh or Unsweetened Canned Peach	<b>25</b> Vegetable Soup <b>BEEF TIPS W/</b> <b>MUSHROOM SAUCE</b> Noodles w/ Herbs **Carrots and Zucchini Mesclun Salad Mix Italian Dressing ***Cantaloupe or *Orange or Tangerine	<b>26</b> *Orange Juice <b>TRKY STUFFED</b> <b>BELL PEPPER</b> Whole Grain Roll Whipped Cauliflower Romaine Salad 1000 Island Dressing Chocolate Pudding	<b>27</b> Potato Leek Soup <b>BREADED FISH</b> Barley Pilaf w/ Parsley Broccoli *Coleslaw Fresh Fruit Cup	<b>28</b> Red Bean Ginger Soup <b>CASHEW CKN BREAST</b> Jasmine Brown Rice Green Beans w/ Mushrooms *Beet Salad w/ Mandarin Oranges Apple or Applesauce



June 19, 2019



MENU SUBJECT TO CHANGE

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