

June Senior Choice menu 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
BOX				1	2
LUNCH	Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup ea.), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch, and 8 oz. Milk (1/2 pint)			Meatloaf w/ Gravy - 9072 <i>(ch b) chicken w/ gravy ch7008</i> Mashed Potatoes Carrots Wheat Bread / Margarine Orange Juice 100% Animal Cookies	Turkey Tetrazzini - 9036 <i>(ch b) veggie tetrazzini ch7056</i> <i>(not a vegetarian meal)</i> Brussel Sprouts Baked Cinnamon Apples Wheat Bread / Margarine
WEEK	 			Diet: same	Diet: same
3					
BOX	5	6	7	8	9
LUNCH	Country Fried Steak w/Gravy - 9063 <i>(ch b) grilled chicken brst ch7026</i> Potato Wedges Green Beans Wheat Bread (2 slices) / Margarine Fresh Orange	Ham Sandwich - 9125 <i>(ch b) roast beef sandwich ch7030</i> Tomato Soup (cong only) 3 Bean Salad Coleslaw White Bread Fruit Cocktail Mustard (for ham only) Horseradish (for roast beef only)	Chicken and Brown Rice w/ Gravy - 9023 <i>(ch b) beef / brown rice / gravy ch7041</i> Broccoli diced Carrots Wheat Bread / Margarine Mandarin Oranges	Stuffed Cabbage Roll w/Marinara - 9077 <i>(ch b) cheese pizza ch7043</i> Peas & Onions sliced Yellow Squash White Bread / Margarine Grape Juice 100% Teddy Grahams	BBQ Beef - 9051 <i>(ch b) grilled chicken brst ch7026</i> Peas & Onions Peach "Cobbler" Cole Slaw Bun
WEEK	Diet: same	Diet: same	Diet: same	Diet: same	Diet: same
4					
BOX	12	13	14	15	16
LUNCH	Lemon Pepper Fish - 9033 w/ Tartar Sauce <i>(ch b) chicken tenders ch7009</i> Brown Rice Scandinavian Veggie Blend (2 servings) Wheat Bread / Margarine Fruit Cocktail	Pork Cutlet w/ Gravy - 9003 <i>(ch b) chicken w/ gravy ch7008</i> Green Beans Beets Wheat Bread (2 pc) / Margarine Applesauce	Cheese Pizza - 9082 <i>(ch b) cheese lasagna w/marinara ch7040</i> Peas & Onions Carrot Coins Apple Juice 100% Chocolate Chip Cookie	Chicken & Potato Casserole - 9315 <i>(ch b) roast beef & gravy with tater tots ch7025</i> Broccoli (2 servings) Wheat Bread (2 slices) / Margarine Peaches	FATHERS' DAY CELEBRATION Pineapple Ham Steak - 9094 <i>(ch b) pineapple topped chicken ch7013</i> Whipped Sweet Potatoes Peas Dinner Roll / Margarine Cranberry Juice Chocolate Sponge Cake
WEEK	Diet: same	Diet: same	Diet: same	Diet: same	Diet: same
5			Flag Day		HAPPY JUNE BIRTHDAY!
BOX	19	20	21	22	23
LUNCH	Roast Turkey w/Gravy - 9005 <i>(ch b) country fried steak w/gravy ch7054</i> Mashed Potatoes Vegetable Medley Dinner Roll / Margarine Grape Juice 100% Chocolate Elf Grahams	Spaghetti & Meatballs - 9035 <i>(ch b) cheese ravioli ch7030</i> w/ Marinara Italian Vegetables Spinach / Vinegar Wheat Bread / Margarine Peaches Parmesan Cheese	Swiss Steak - 9088 <i>(ch b) southwestern c.f. omelet ch7007</i> w/ Peppers / Onions / Cheese Stewed Tomatoes O'Brien Potatoes Wheat Bread (2 slices) / Margarine Pineapple	Summer Salad - 9070 w/ Diced Eggs, Cheese, Grape Tomatoes, Broccoli Floret, Saltine Crackers & Ranch Dressing <i>(ch b) beef & noodles w/gravy, green beans, diced carrots ch7052</i> Low Sodium Tomato Juice 100% Animal Cookies	Rosemary Chicken - 9039 <i>(ch b) pork cutlet w/gravy ch7034</i> Red Skin Potatoes Vegetable Medley Wheat Bread (2 pc) / Margarine Fruit Cocktail
WEEK	Diet: same	Diet: same	 Diet: same	Diet: same	Diet: same
6			Summer Begins		
BOX	26	27	28	29	30
LUNCH	Grilled Chicken w/BBQ Sauce - 9049 <i>(ch b) hamburger ch7006</i> Potato Wedges Cheesy Broccoli Bun Strawberry Applesauce	Smoked Turkey Sausage w/ Sauerkraut - 9055 <i>(ch b) meatloaf w/ gravy ch7016</i> Mashed Potatoes Green Beans Rye Bread (2 pcs) Pears Mustard / Ketchup	Salisbury Steak w/Gravy - 9029 <i>(ch b) chicken w/gravy ch7008</i> Whipped Sweet Potatoes Mixed Vegetables Wheat Bread w/ Margarine Cranberry Juice Chocolate Elf Grahams	Italian Chicken - 9042 <i>(ch b) fried steak italiano ch7011</i> w/ Marinara over Spaghetti Italian Vegetables Peas Wheat Bread w/ Margarine Fresh Orange	Hamburger - 9071 <i>(ch b) sliced deli ham ch7005</i> w/ Swiss American Cheese slice Baked Beans Broccoli Bun Pineapple Mustard / Ketchup
WEEK	Diet: same	Diet: same	Diet: same	Diet: same	Diet: same
7					