

# JUNE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Turkey a la King 3/4 c Brown Rice 1/2 c Cabbage 1/2 c Whole Wheat Roll 1 ea Pineapple Tidbits 1/2 c Milk 8 oz Margarine 1 tsp	Meatloaf with Gravy 3 oz Whipped Potatoes 1/2 c Green Beans 1/2 c Whole Wheat Bread 2 slc Chocolate Chip Cookie 1 ea Assorted Fruit Juice 4 oz Milk 8 oz Margarine 1 tsp	BBQ Pork 3 oz Baked Beans 1/2 c Mixed Greens 1/2 c Whole Wheat Bread 2 slc Fresh Fruit 1 ea Milk 8 oz Margarine 1 tsp	Marsala Chicken Thigh 3 oz Penne Pasta 1/2 c Peas and Onions 1/2 c Whole Wheat Bread 1 slc Mandarin Oranges 1/2 c Milk 8 oz Margarine 1 tsp	Beef Fiesta Macaroni and Cheese 1 c Cream of Mushroom Soup 6 oz Broccoli 1 ea Whole Wheat Bread 1 slc Fresh Fruit 1 ea Milk 8 oz Margarine 1 tsp
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Roasted Chicken Leg Qtr 1 ea Scalloped Potatoes 1/2 c California Vegetable Blend 1/2 c Whole Wheat Roll 2 ea Applesauce 1/2 c Milk 8 oz Margarine 1 tsp	American Chop Suey 1 c Green Peas 1/2 c Tuscany Vegetable Blend 1/2 c Whole Wheat Bread 1 slc Mandarin Oranges 1/2 c Milk 8 oz Margarine 1 tsp	Maple Mustard Pork 3 oz Whole Wheat Stuffing 1/2 c Broccoli 1/2 c Whole Wheat Roll 1 ea Fresh Fruit 1 ea Milk 8 oz Margarine 1 tsp	Vegetable Frittata 3 oz Northern Bean Soup 1/2 c Corn 1/2 c Whole Wheat Bread 1 slc Vanilla Pudding 1/2 c Assorted Fruit Juice 1 ea Milk 8 oz Margarine 1 tsp	Beef Vegetable Stir-Fry 3/4 c Brown Rice 1/2 c Glazed Carrots 1/2 c Whole Wheat Bread 1 slc Pineapple Tidbits 1/2 c Milk 8 oz Margarine 1 tsp
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Swiss Steak w/ Gravy 3 oz Whipped Potatoes 1/2 c Capri Vegetable Blend 1/2 c Wole Wheat Roll 2 ea Diced Peaches 1/2 c Milk 8 oz Margarine 1 tsp	Macaroni and Cheese 1 c Pinto Beans 1/2 c Vegetable Soup 6 oz Whole Wheat Bread 1 slc Applesauce 1/2 c Milk 8 oz Margarine 1 tsp	Cacciatore Chicken Thigh 3 oz Penne Pasta 1/2 c Mixed Greens 1/2 c Whole Wheat Bread 1 slc Fresh Fruit 1 ea Milk 8 oz Margarine 1 tsp	BBQ Hamburger 1 ea Crinkle Cut Fries 1/2 c Sliced Carrots 1/2 c WG Hamburger Bun 1 ea Fudge Crème Cookie 1 ea Milk 8 oz Low Fat Milk 8 oz Ketchup 1 pkt	Ginger Honey Pork 3 oz Brown Rice 1/2 c Green Beans with 1/2 c Red Peppers Whole Wheat Bread 1 slc Pineapple Tidbits 1/2 c Milk 8 oz Margarine 1 tsp
<b>24</b>	<b>25</b>	<b>26</b>	<b>23</b>	<b>28</b>
BBQ Pork Rib Patty 3 oz Corn O'Brien 1/2 c Mixed Greens 1/2 c WG Hamburger Bun 1 ea Fresh Fruit 1 ea Milk 8 oz Margarine 1 tsp	Taco Meat 3 oz Spanish Rice 1/2 c Mixed Beans 1/2 c WG Flour Tortilla 1 ea Pineapple Tidbits 1/2 c Milk 8 oz Sour Cream 1 pkt	Herbed Chicken Thigh 3 oz Seasoned Orzo 1/2 c Mixed Vegetables 1/2 c Whole Wheat Bread 1 slc Fresh Fruit 1 ea Milk 8 oz Margarine 1 tsp	Salisbury Steak w/ Gravy 3 oz Garlic Mashed Potatoes 1/2 c Cream of Broccoli Soup 6 oz Whole Wheat Roll 2 ea Applesauce 1/2 c Milk 4 oz Margarine 1 tsp	Turkey Tetrizzini 3/4 c Lima Beans 1/2 c Carrots 1/2 c Whole Wheat Bread 1 slc Brownie 1 ea Assorted Fruit Juice 4 oz Milk 8 oz Margarine 1 tsp
ElderHouse serves: Coffee at 8:30am Lunch at 12:00noon Snack at 2:00pm Hydration is offered throughout the day.				