

Senior Café and Meals on Wheels

June

2024

3-Jun		4-Jun		5-Jun		6-Jun		7-Jun	
Serving Size	Salisbury Steak	Serving Size	Tuna Salad	Serving Size	Cheeseburger Mac Bowl	Serving Size	Chicken Teriyaki	Serving Size	Penne Bolognese
8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Chocolate Milk
1 ea	Pineapple Cup	1 ea	Raisins			1 ea	Papaya & Mango Cup	1 ea	Orange Cup
3/4 cup	Herbed Green Pea	3/4 cup	Marinated Carrots & Peppers	3/4 cup	Yellow Squash	3/4 cup	Steamed Carrots	3/4 cup	Marinara with Mushrooms
2 oz	Whole Grain Dinner Roll	1 cup	Pasta Salad	1 cup	Whole Grain Macaroni	1 cup	Brown Rice	1 cup	Whole Grain Penne
2.1 oz	Salisbury Steak Patty	3 oz	Tuna Salad	2 oz	Ground Beef	2 oz	Chicken Breast	3 oz	Beef Bolognese
1 oz	Gravy			3 oz	Cheese Sauce	1 oz	Teriyaki Sauce		
1 ea	Butter Cup								

10-Jun		11-Jun		12-Jun		13-Jun		14-Jun	
Serving Size	Spaghetti & Meatballs	Serving Size	Open Faced Egg Salad Sandwich	Serving Size	Black Beans & Yellow Rice	Serving Size	Turkey Chili	Serving Size	Mojo Citrus Chicken
8 oz	Low Fat Milk	8 oz	Low Fat Chocolate Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk
1 ea	Applesauce	1 ea	Papaya & Mango Cup	1 ea	Raisins	1 ea	Applesauce	1 ea	Raisins
3/4 cup	Steamed Carrots	1/2 cup	Peach Cobbler	3/4 cup	Peppers & Onions	3/4 cup	Cauliflower	3/4 cup	Citrus Infused Green Pea
1 cup	Whole Grain Spaghetti	1 oz	Granola	1 cup	Yellow Rice	1 cup	Steamed Barley	1 cup	Brown Rice Pilaf
		1 oz	Wheat Bread						
2 oz	Beef Meatballs	3 oz	Egg Salad	1/2 cup	Black Bean Stew	3 oz	Turkey Chili	3oz	Mojo Infused Chicken
3 oz	Marinara								

17-Jun		18-Jun		19-Jun		20-Jun		21-Jun			
Serving Size	Red Beans & Dirty Rice	Serving Size	Turkey & Swiss Sandwich	No Meals Juneteenth Holiday		Serving Size	Chicken & Broccoli	Serving Size	Lentil Sloppy Joe		
8 oz	Low Fat Chocolate Milk	8 oz	Low Fat Milk			8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk
1 ea	Orange Cup	1 ea	Pineapple Cup			1 ea	Raisins	1 ea	Applesauce	1 ea	Applesauce
3/4 cup	Steamed Spinach	3/4 cup	Coleslaw			3/4 cup	Broccoli	3/4 cup	Mustard Chow Chow	3/4 cup	Mustard Chow Chow
1 cup	Dirty Rice	2 oz	Wheat Bread			1 oz	Whole Grain Dinner Roll	2 oz	Whole Grain Bun	2 oz	Whole Grain Bun
						1/2 cup	Brown Rice Pilaf				
1/2 cup	Red Bean Stew	2 oz	Sliced Turkey Breast			2 oz	Chicken Breast	3/4 cup	Lentils in Tomato sauce	3/4 cup	Lentils in Tomato sauce
		1 ea	Swiss								
		1 ea	Mustard Packet								
		1 ea	Mayonnaise Packet								

24-Jun		25-Jun		26-Jun		27-Jun		28-Jun	
Serving Size	Chicken Pot Pie	Serving Size	Mexican Pasta Salad	Serving Size	Chicken Parmesan	Serving Size	Turkey Shepherd's Pie	Serving Size	Chicken Fajita Bowl
8 oz	Low Fat Milk	8 oz	Low Fat Chocolate Milk	8 oz	Low Fat Milk	8 oz	Low Fat Chocolate Milk	8 oz	Low Fat Milk
1 ea	Pear Cup	1 ea	Papaya & Mango Cup	1 ea	Orange Cup	1 ea	Pineapple Cup	1 ea	Pineapple Cup
3/4 cup	Green Bean Medley	3/4 cup	Chopped Peppers & Corn	3/4 cup	Marinara	3/4 cup	Mixed Vegetables with Corn	3/4 cup	Pinto Bean Stew
2 oz	Whole Grain Biscuit	1 cup	Cilantro Whole Grain Pasta Salad	1 cup	Whole Grain Spaghetti	1 cup	Mashed Potatoes	1 cup	White Rice with Peppers
3 oz	Chicken Breast in Gravy	1/2 cup	Marinated Black Beans	3 oz	Chicken Patty	3 oz	Turkey in gravy	2 oz	Chicken Breast
				0.5 oz	Mozzarella				