






**SENIOR NUTRITION PROGRAM - MEALS ON WHEELS  
JUNE 2010 MENU**

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
	<b>1</b> POTATO ENCRUSTED FISH POTATO WEDGES CABBAGE SLAW PAN ROLL APPLE DESSERT	<b>2</b> ITALIAN MEATBALLS W/MARINARA SAUCE PENNE PASTA SUMMER SQUASH GARLIC BREAD GRAPES DESSERT	<b>3</b> CHICKEN SALAD PLATE CUCUMBER TOMATO SALAD BEAN SALAD CROSSAINT ORANGE DESSERT	<b>4</b> BEEF TIPS WITH MUSHROOMS OVER NOODLES BRUSSEL SPROUTS TOSSED SALAD WHOLE WHEAT BREAD APPLE SAUCE DESSERT
<b>7</b> CHOPPED STEAK W/ GRAVY WHIPPED POTATOES PEAS & ONIONS RYE BREAD PEACHES DESSERT	<b>8</b> TURKEY POT PIE W/ STEWED VEGETABLES STEAMED SPINACH WHOLE WHEAT BREAD APRICOTS DESSERT	<b>9</b> BEEF GOULASH CARROT COINS BROCCOLI SLAW POTATO BREAD PINEAPPLE CUTS DESSERT	 <b>10</b> CHICKEN STIR FRY W/ STIR FRY VEGETABLES TOSSED SALAD BUTTERED ROLL PEARS DESSERT	<b>11</b> CRAB SALAD PLATE W/ MACARONI SALAD CUCUMBER, CARROT & CELERY STICKS MUFFIN FRUIT COCKTAIL DESSERT
<b>14</b> <b>FLAG DAY</b> BAKED CHICKEN VEGGIE PASTA SALAD WHOLE SWEET KERNAL CORN WHEAT BREAD MIXED SUMMER FRUIT DESSERT	 <b>15</b> BBQ PORKCHOPS SCALLOP POTATOES BLACK BEAN SALAD CORN MUFFIN APPLE SAUCE DESSERT	<b>16</b> BAKED FISH COD W/ TARTAR SAUCE MACCARONI & CHEESE STEWED TOMATOES TOSSED SALAD WHOLE WHEAT BREAD PEARS DESSERT	<b>17</b> DETROIT CHILI OVER BAKED POTATO PEAS & CARROTS PAN ROLL APPLE DESSERT	<b>18</b> <b>FATHER'S DAY</b> STUFFED STEAK WHIPPED POTATOES GREEN BEANS BUTTERED ROLL WATERMELON DESSERT
<b>21</b> <b>1ST DAY OF SUMMER</b> ALL AMERICAN CHEESEBURGER W/BUN POTATO WEDGES TOMATO BASIL SALAD FRESH MELON DESSERT	 <b>22</b> VEGETABLE LASAGNA NANTUCKET VEGETABLES PEPPERS, CARROTS & BROCCOLI TOSSED SALAD CROISSANT ROLL SUMMER MIXED FRUIT DESSERT	<b>23</b> RASPBERRY VINEGRETTE CHICKEN OVEN BROWNED POTATOES BROCCOLI SALAD MUFFIN APRICOTS DESSERT	 <b>24</b> POT ROAST ROASTED POTATOES MIXED VEGETABLES WHOLE WHEAT BREAD FRUIT COCKTAIL DESSERT	<b>25</b> CHICKEN FETTUCINE ALFREDO ITALIAN BEANS SPINACH SALAD W/ MANDARINS BUTTERED ROLL GRAPES DESSERT
<b>28</b> BEEF CHOW MEIN W/ CHINESE NOODLES STIR FRY MIXED VEGETABLES TOSSED SALAD ROLL PLUM DESSERT	<b>29</b> ALL BEEF HOT DOG & CHILI HOT POTATO SALAD COLE SLAW FRESH BUN PINEAPPLE CUTS DESSERT	<b>30</b> TURKEY VEGETABLE PASTY SUCCOTASH MIXED GREEN SALAD WHOLE WHEAT BREAD APPLE DESSERT	<b>MENU SUBJECT TO CHANGE WITHOUT NOTICE MARGARINE &amp; HALF PINT OF MILK SERVED WITH EVERY MEAL  COST SHARE \$3.00</b>	<b>PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS 810-632-2155 888-886-8971</b>