

SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
JUNE 2010 MENU






MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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