

# June 2010

\*Modification for sugar restricted diets  
 \*\*High sodium foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <b>**Baked Ham</b> Sweet Potatoes Broccoli Biscuit Peaches	2 <b>Lasagna w/Meat Sauce</b> Glazed Carrots Spinach Italian Bread *Pudding w/Topping	3 <b>Chicken w/Orange Sauce</b> Roasted Potatoes Green Beans Oatmeal Bread Pears	4 <b>Pepper Steak</b> Red Boiled Potatoes Peas w/Mushrooms 100% Whole Wheat Bread Mixed Fruit
7 <b>Baked Fish</b> Potatoes au gratin Mixed Vegetables Multigrain Bread Applesauce	8 <b>Barbecued Chicken</b> Mashed Potatoes Buttered Corn 100% Whole Wheat Bread Fresh Fruit	9 <b>Chef Salad</b> Pasta Salad Cole Slaw Wheat Dinner Roll Mixed Fruit	10 <b>Beef Burgundy w/Mushrooms</b> Buttered Noodles Broccoli Rye Bread *Pudding w/Topping	11 <b>Goulash</b> Creamed Carrots Mixed Greens Sourdough Bread Peaches
14 <b>Veal Parmesan</b> Ziti w/Sauce Spinach 100% Whole Wheat Bread Pears	15 <b>Egg Salad</b> Potato Salad Carrot Raisin Salad Wheat Hamburg Roll Mixed Fruit	16 <b>Roast Pork/Gravy</b> Herbed Potatoes Sweet/Sour Cabbage Oatmeal Bread *Pudding w/Topping	17 <b>Father's Day Menu</b> <b>Meatloaf/Gravy</b> Garlic Mashed Potatoes Brussels Sprouts w/Cheese Sauce Multi Grain Bread *Cupcake	18 <b>Salmon Boat</b> Buttered Noodles Green Beans Almondine Potato Bread Pineapple
21 <b>Macaroni &amp; Cheese</b> Diced Tomatoes Green Beans Rye Bread Peaches	22 <b>Stuffed Pepper Casserole</b> Roasted Potatoes Harvard Beets 100% Whole Wheat Bread *Pudding w/Topping	23 <b>Roast Turkey w/Gravy</b> Mashed Potatoes Butternut Squash Wheat Dinner Roll Mixed Fruit	24 <b>Chicken Salad</b> Three Bean Salad Tossed Salad Hot Dog Roll Pineapple	25 <b>Calico Beans w/Sausage</b> Brown Rice Broccoli Oatmeal Bread Pears
28 <b>Barbecued Pork</b> Roasted Potatoes Wax Beans Multigrain Bread Pears	29 <b>**Hot Dog</b> Baked Beans Cole Slaw Hot Dog Roll Apple Crisp	30 <b>Oriental Chicken w/Mushrooms</b> Fried Rice Chinese Mixed Vegetables 100% Whole Wheat Bread Pineapple * Fortune Cookie	It is time to start looking for fresh vegetables in your local farmers' market. Leaf lettuce, spinach and asparagus are now available from many farms and peas will be harvested soon. These vegetables are a sign of spring and are a great replacement for the root vegetables of the winter. Rhubarb should also be purchased and can be made into a sauce or combine with strawberries for a great pie, so go shopping at your farmer's market.	

If you will not be home when your meal is delivered  
 PLEASE TELL YOUR DRIVER OR CALL 1-800-981-5201

SUGGESTED VOLUNTARY DONATION  
 \$2.00 PER MEAL to help defray costs

All contributions are returned to the community toward the cost of nutrition programs and services.