










# Monthly Menu

June 2019

Mon	3	<b>EAST INDIAN FISH STEW</b> , Couscous, Mixed Vegetables, Spinach Salad w/Ranch Dressing, Orange <b>Southwest Quiche, Red Potatoes, Mixed Vegetables, Orange</b>
Tue	4	<b>TAIWANESE BEEF STEW</b> , Brown Rice, Scandinavian Blend Vegetables, Tossed Salad w/French Dressing, Oatmeal Cookies  <b>Pumpkin Casserole, Scandinavian Blend Vegetables, Oatmeal Cookies</b>
Wed	5	<b>CHICKEN BREAST w/LEMON HERB SAUCE</b> , Tri- Cut Potatoes, Capri Mixed Vegetables, Eastern Europe Salad, Seasonal Fruit  <b>Tofu Stir Fry, Brown Rice, Capri Mixed Vegetables, Eastern European Salad, Seasonal Fruit</b>
Thu	6	<b>TURKEY ROAST w/HERBS &amp; APRICOT SAUCE</b> , Polenta , Key West Blend, Claremont Salad, Banana Cake <b>Chicken Grape Salad, Key West Blend Vegetables, Banana Cake</b>
Fri	7	<b>MEAT LASAGNA</b> , Garden Blend Vegetables, Tossed Salad w/Yogurt Dressing, Banana <b>Tuna Salad Nicoise, Garden Blend Vegetables, Banana</b>
Mon	10	<b>SLOPPY JOE</b> , Tri-Cut Potatoes, Sliced Carrots, Spinach Salad w/French Dressing, Strawberry Pear Gelatin <b>Chicken Fajita Wrap, Tortilla Soup, Strawberry Pear Gelatin</b>
Tue	11	<b>FISH w/ PINEAPPLE SALSA</b> , Brown Rice, Italian Mixed Vegetables, Cucumber Zucchini Salad, Chocolate Cake <b>Shepherd's Pie, Italian Mix Vegetables, Cucumber Zucchini Salad, Chocolate Cake</b>

Wed	12	<b>TURKEY TETEAZZINI</b> , Spaghetti, Peas & Carrots , Tossed Salad W/ Italian Dressing, Orange  <b>Grilled Vegetable Sandwich, Lentil Soup, Tossed Salad w/Italian Dressing, Orange</b>
Thu	13	<b>SWEET &amp; SOUR CHICKEN</b> , White Rice, Cauliflower, Vermicelli Noodle Salad, Apple  <b>Creamy Garlic Pizza, Cauliflower, Vermicelli Noodle Salad, Apple</b>
Fri	14	<b>SPIRAL HAM w/PINEAPPLE GLAZE</b> , Mashed Potatoes, Italian Blend Vegetables, Garden Salad w/1000 Island Dressing, Carrot Cake  <b>Cheese Ravioli, Italian Blend Vegetables, Garden Salad w/1000 Island Dressing, Carrot Cake</b>
Mon	17	<b>CHICKEN WITH RICE</b> , Flavor Fiesta, Radish Summer Salad, Seasonal Fruit <b>Tuna Salad w/Tomatoes, Flavor Fiesta, Seasonal Fruit</b>
Tue	18	<b>BEEF &amp; MACARONI CASSEROLE</b> , County Trio Vegetables, Spinach Salad w/Italian Dressing, Strawberry Gelatin <b>Opened Faced Turkey Sandwich, Summer Vegetable Soup, Strawberry Gelatin</b>
Wed	19	<b>PORK TENDERLOIN w/BBQ SAUCE</b> , Tri- Cut Potatoes, Carrot Bean Blend Vegetables, Tossed Salad w/Summer Dressing, Banana <b>Summer Chicken Salad, Carrot Bean Blend Vegetables, Banana</b>
Thu	20	<b>SWEDISH MEATBALLS</b> , Spiral Noodles, Scandinavian Vegetables, Navy Bean Salad, Strawberry Luscious  <b>Tofu Spring Pasta, Scandinavian Vegetables, Strawberry Luscious</b>
Fri	21	<b>CITRUS TARAGON CHICKEN</b> , Mashed Potatoes, Italian Blend Vegetables, Patio Salad, Chocolate Cookies, Chocolate Milk <b>Ham Sandwich, Split Pea Soup, Patio Salad, Chocolate Cookies, Chocolate Milk</b>
Mon	24	<b>FISH W/ LEMON PEPPER</b> , Brown Rice, Garden Vegetables, Chickpea Salad, Seasonal Fruit <b>Chinese Stir Fry, Yakisoba Noodles, Garden Vegetables, Chickpea Salad, Seasonal Fruit</b>
Tues	25	 <b>BEAN AND BROWN RICE</b> , Sliced Carrots, Garden Salad w/1000 Dressing, Russian Cream w/Topping <b>Beef Taco Salad, Sliced Carrots, Russian Cream w/Topping</b>
Wed	26	<b>ROAST PARMESAN CHICKEN</b> , Spiral Noodles, Mixed Vegetables, Cucumber Zucchini Salad, Orange  <b>Grilled Vegetable Sandwich, Lentil Soup, Cucumber Zucchini Salad, Orange</b>

Thu	27	<b>MEATLOAF w/Gravy</b> , Mashed Potatoes, Sunshine Carrots, Tossed Salad w/Ranch Dressing, Orange Gelatin w/Fruit Cocktail <b><i>Pork Gyro , Sunshine Carrots, Tossed Salad w/Ranch Dressing, Oranges Gelatin w/Fruit Cocktail</i></b>
Fri	28	<b>STIR FRY PORK</b> , White Rice, Broccoli, Claremont Salad, Apple <b><i>Chicken Salad w/White Beans, Broccoli, Apple</i></b>

