




June 2023 Seniors' CHOICE menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Happy Father's Day! June 18th</p>	 <p>hello SUMMER</p> <p>First Day of Summer - June 21st</p>		<p>Ham Sandwich on White - 9125 <i>(ch b) roast beef sandwich on white ch7031</i> 3 Bean Salad Carrot & Raisin Salad Mandarin Oranges Mustard (for ham only) Horseradish (for roast beef only) Diet: same</p>	<p>Chicken & Potato Casserole - 9315 <i>(ch b) roast beef & gravy ch7025</i> California Blend Veggies (2 servings) Wheat Bread (2 slices) Margarine Grape Juice 100% Diet: same</p>
5	6	7	8	9
<p>Steak Hoagie w/ Gravy - 9302 <i>(ch b) pork cutlet w/ gravy ch7034</i> Potato Wedges Baked Beans Hoagie Bun Fresh Orange Diet: same</p>	<p>Lemon Pepper Fish - 9033 w/ Tartar Sauce <i>(ch b) chicken tenders ch7009</i> Brown Rice Scandinavian Veggies (2 servings) Wheat Bread / Margarine Apple Juice 100% Diet: same</p>  <p>D-Day WWII</p>	<p>Chicken Salad Sandwich on Wheat - 9047 <i>(ch b) ham salad sandwich on wheat ch7057</i> Potato Salad Brown Rice Cucumber Salad Peaches Diet: same</p> 	<p>Philly Beef Steak - 9102 <i>(ch b) turkey frank -</i> Potato Wedges Vegetable Medley Swiss Cheese Bun Mustard Pears Diet: same</p>	<p>Orange Chicken - 9105 <i>(ch b) baked fish - ch7048</i> Brown Rice Green Beans Carrots Wheat Bread / Margarine Fruit Cocktail Diet: same</p>
12	13	14	15	16
<p>Salisbury Steak w/Gravy - 9029 <i>(ch b) chicken w/gravy ch7008</i> Parslied Potatoes Vegetable Medley Wheat Bread (2 slices) Margarine Pineapple Tidbits Diet: same</p>	<p>Turkey Sandwich on Wheat - 9032 <i>(ch b) ham sandwich on wheat ch7044</i> Potato Salad Cole Slaw Fruit Cocktail Mayo (for turkey only) Mustard (for ham only) Diet: same</p>	<p>Fish Sticks w/ Tartar Sauce - 9028 <i>(ch b) macaroni & cheese ch7065</i> Peas Potato Wedges Orange Juice 100% Goldfish Crackers Diet: same</p>  <p>Nursing Assistants' Day</p>	<p>BBQ Beef - 9051 <i>(ch b) grilled chicken brst ch7026</i> Peas & Onions Peaches w/ Oat Topping Cole Slaw Bun Diet: same</p>	<p>Happy June Birthday</p> <p>Chicken Alfredo over Spaghetti - 9065 <i>(ch b) mediterranean glazed salmon ch7068</i> Broccoli Carrots Baked Cinnamon Apples Wheat Roll / Margarine Sponge Cake Diet: same</p> 
19	20	21	22	23
<p>Swedish Meatballs - 9053 <i>(ch b) chicken & gravy ch7037</i> Egg Noodles Broccoli Carrots Fruit Cocktail Diet: same</p>  <p>Juneteenth</p>	<p>Roast Pork Loin w/ Gravy - 9115 <i>(ch b) chicken w/gravy ch7008</i> Brown Rice Vegetable Medley (2 servings) Wheat Bread / Margarine Peaches Diet: same</p>	<p>Summer Salad - 9070 w/ diced Eggs, Shredded Cheese, Grape Tomatoes, Broccoli Floret, Wheat Roll / Margarine Ranch Dressing <i>(ch b) beef & noodles w/gravy green beans, diced carrots ch7052</i> Fruit Punch 100% Animal Crackers Diet: same</p>	<p>Spaghetti & Meatballs - 9035 w/ Marinara & Parmesan <i>(ch b) turkey tetrazzini ch7062</i> Italian Vegetables Ranch Dressing Spinach / Vinegar Mandarin Oranges Diet: same</p>	<p>Baked Chicken w/ Gravy - 9075 <i>(ch b) roast turkey w/gravy ch7003</i> Herb Dressing Broccoli Cauliflower Wheat Roll / Margarine Pears Diet: same</p>
26	27	28	29	30
<p>Meatloaf w/ Gravy - 9071 <i>(ch b) roast turkey w/ gravy ch7002</i> Mashed Potatoes Carrots Wheat Bread (2 slices) Margarine Strawberry Applesauce Diet: same</p>	<p>Grilled Chicken w/ BBQ Sauce - 9049 <i>(ch b) hamburger ch7006</i> Green Beans Yellow Squash Bun Pineapple-Orange Juice 100% Diet: same</p>	<p>Hawaiian Pineapple Ham - 9094 <i>(ch b) pineapple topped chicken ch7013</i> Whipped Sweet Potatoes Peas 2 Bread / Grain Fruit Cocktail Diet: same</p>  <p>Paul Bunyon Day</p>	<p>Smoked Turkey Sausage w/ Sauerkraut - 9055 <i>(ch b) meatloaf w/ gravy ch7016</i> Cheesy Mashed Potatoes Green Beans Bread (2 pcs) Peaches Mustard / Ketchup Diet: same</p>	<p>Bean & Cheese Burrito - 9113 <i>(ch b) chicken tenders ch7009</i> Corn Zucchini Salsa Pineapple Tidbits 2 Wheat Bread / Margarine (ch b only) Diet: same</p>

Complete meal consists of at least: 2 oz. Protein, 1 cup of Vegetables, 1/2 cup of Fruit or Juice, 2 servings of Grains, and 8 oz. Milk (1/2 pint)