



June 2024 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Meat Lasagna Carrots Applesauce</p>	<p>4</p> <p>Turkey Chili White Rice Cornbread Muffin Pear Cup</p>	<p>5</p> <p>Senior Center Closed</p>	<p>6</p> <p>Turkey with Gravy and Stuffing Green Beans Cranberry Sauce</p>	<p>7</p> <p>Senior Center Closed</p>
<p>10</p> <p>Grilled Chicken Pasta Salad Broccoli Banana Bread</p>	<p>11</p> <p>Beef Taco Spanish Rice Orange</p>	<p>12</p> <p>Senior Center Closed</p>	<p>13</p> <p>Beef Shepards Pie Garden Salad Pear Cup</p>	<p>14</p> <p>Senior Center Closed</p>
<p>17</p> <p>Ziti with meatballs Chopped Apple & Cran Salad Fruit Cup</p>	<p>18</p> <p>Chicken Fajitas Rice & Beans Orange</p>	<p>19</p> <p>Senior Center Closed</p>	<p>20</p> <p>Sweet & Sour Chicken Veggie Fried Rice Green Beans Pear cup</p>	<p>21</p> <p>Senior Center Closed</p>
<p>24</p> <p>Swedish Meatballs Egg Noodles Mixed Veggies Fruit Cup</p>	<p>25</p> <p>Turkey Burger with lettuce, tomato, and onions. Sweet Potato Wedges</p>	<p>26</p> <p>Senior Center Closed</p>	<p>27</p> <p>Baked Chicken & Gravy Sweet Potato Broccoli Pear Cup</p>	<p>28</p> <p>Senior Center Closed</p>
<p>Food Allergy Food may contain peanuts, tree nuts, sesame, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumption or meals.</p>	<p>Multi grain breads and 2 % milk are served with each meal unless noted above. Menus are subject to change due to seasonality and product availability.</p>	<p>Suggested Donation: \$3.00 Hot Meals \$4.50 Special Meals</p>	<p>HAPPY FATHER'S DAY!</p>	

Senior Resources' Agency on Aging Senior Nutrition Program is supported by funds from Title III made available under the Older Americans Act. Menu developed by Shelley Strelovsky, Culinary Director of The Kitchen at Futures. The menu meets 1/3 RDA and conforms to U.S Dietary Guidelines. Certified by Claudia Mejia. MS, RDN, CDN, CLC