



JUNE 2022



		WEDNESDAY 1*	THURSDAY 2*	FRIDAY 3*
JUNE IS Alzheimer's Awareness Month	L F Milk Served w/Each Meal Can Fruit in Light Syrup WW= Whole Wheat GC=Green Chili RC=Red Chili HM = Honey Mustard	General Tso Chicken Steamed Rice Steamed Vegetables Garden Salad w/LF Dressing Biscuit w/Margarine Fresh Melon	Tuna and Egg Salad Sandwich Lettuce, Tomato Baked Lays Chips Beet and Onion Salad Chilled Diced Peaches	BBQ Rib Sandwich Baked Beans Steamed Broccoli Garden Salad w/LF Dressing Chilled Fruit
MONDAY 6*	TUESDAY 7*	WEDNESDAY 8*	THURSDAY 9	FRIDAY 10
Blackeyed Peas and Ham Honey Glazed Baby Carrots Garden Salad w/LF Dressing Green Chile Cheese Cornbread Fresh Fruit	Breakfast For Lunch French Toast w/ Blueberry Syrup Scrambled Eggs Tater Tots Chilled Diced Pears	Roasted Pork Loin Garlic Mashed Potatoes/Gravy Steamed Broccoli Spinach Salad w/LF Dressing WW Roll w/Margarine Chilled Applesauce	GC Chicken Enchiladas Pinto Beans Spanish Rice Shredded Lettuce, Tomato Fresh Orange	Tortilla Crusted Tilapia Rice Pilaf Steamed Italian Vegetables Coleslaw WW Roll w/ Margarine Fresh Fruit
MONDAY 13*	TUESDAY 14*	WEDNESDAY 15*	THURSDAY 16	FRIDAY 17*
Huli Huli Chicken Breast Steamed Rice Steamed Veggies Carrot and Raisin Salad Sweet Roll w/Margarine Fresh Apple & Fortune Cookie	RC Pork Smothered Burrito w/Cheddar Cheese Pinto Beans Spanish Rice Chilled Fruit	Meatloaf Mashed Potatoes & Gravy Steamed Baby Carrots Garden Salad w/LF Dressing Homemade Soda Bread Fresh Banana	Chinese Chicken Salad w/Chicken, Chow Mein Noodles, Toasted Almonds, Green Onions, Cilantro, Sesame Seeds and Asian Sesame Ginger Dressing S Roll/Margarine/Chilled Fruit	Sloppy Joe Sandwich Steamed Broccoli Garden Salad w/LF Dressing Fresh Grapes Cookie
MONDAY 20	TUESDAY 21*	WEDNESDAY 22*	THURSDAY 23*	FRIDAY 24
Juneteenth All Centers Closed	Stuffed Bell Peppers Steamed Green Beans Garden Salad w/LF Dressing WW Roll w/Margarine Chilled Fruit	Santa Fe Chicken Southwestern Rice Steamed Chuckwagon Corn Flour Tortilla Garden Salad w/LF Dressing Fresh Fruit	Turkey and Cheese Hoagie W/Lettuce, Tomato, Pickle Pasta Salad Baked Lays Chips Chilled Peaches Cookie	Waldorf Chicken Salad Wrap Homemade Macaroni Salad Coleslaw Chilled Diced Pears Oatmeal Raisin Cookie
MONDAY 27*	TUESDAY 28	WEDNESDAY 29*	WEDNESDAY 30*	
Country Fried Steak Mashed Potatoes and Gravy Steamed CA Veggies Garden Salad w/LF Dressing Biscuit w/Margarine Chilled Applesauce	Chef's Salad w/Turkey, Ham, Tomato, Cheese & Egg Croutons Club Crackers Fresh Melon Pudding	Chicken Parmesan Spaghetti w/Marinara Steamed Italian Vegetables Garlic Buttered Roll Chilled Fruit	Staff Training All Centers Closed	Lunch \$2.00 Under 60 years \$6.00 Menu Subject to Change Lunched Served from 11:30 am - 12:30 pm