



June

HBF

Call Your Local Senior Center to Confirm Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1/2c California Blend Vegetables 1/2c Peas & Onions 1 Garlic Breadstick Seasonal Fresh Fruit	2 Meatball Hoagie (3) w/ .5oz Mozzarella Cheese 1c Pasta Fagioli Soup 1c Side Salad w/ Dressing Seasonal Fresh Fruit 1 Hot Dog Bun	3 Cheeseburger 1/2c Golden Roasted Potatoes 1/2c Mixed Vegetables 1 Hamburger Bun 1/2c Mandarin Oranges	4 3oz Fire Grilled Chicken Breast 1/2c Cheesy Broccoli & Rice 1/2c Carrots 1/2c Diced Pears 1 Dinner Roll NEW ITEM	5 Call your local Senior Center for Meal Information
8 3oz Salisbury Steak w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Mixed Vegetables 1 Wheat Bread 1 Cookie	9 Turkey Chef Salad (2oz Turkey, HB Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Wheat Bread 1/2c Fruited Gelatin	10 Stadium Hot Dog 1/2c Cheesy Potatoes 1/2c Seasoned Green Peas 1 Hot Dog Bun 1/2c Pineapple Tidbits	11 Swedish Meatballs (4) 1/2c Buttered Noodles 1/2c Broccoli 1 Dinner Roll 1/2c peaches	12 Call your local Senior Center for Meal Information
15 Potato Crusted Pollock w/ 1 Tbsp. Corn & Red Pepper Relish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit NEW ITEM	16 Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1/2c Green Beans 1 Garlic Herb Breadstick 1/2c Mixed Fruit Salad	17 Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips (10pc) 1/2c Seasoned Sweet Corn 1/2c Pineapple	18 3oz Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peach Crisp	19 Happy Juneteenth! Center Closed
Happy Father's Day! 22 1c Tortellini with meat sauce 1/2c Garlic Green Beans 1/2c California Blend Vegetables 1 Garlic Herb Breadstick 1/2c Diced Peaches	23 1 cup stuffed pepper casserole 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 White Bread 1/2c Gelatin	24 4oz Sweet & Sour Chicken 1/2c. Brown Rice 1/2c Broccoli 1 Wheat Bread Seasonal Fresh Fruit	25 Chicken, Spinach & Cranberry Salad w/ Dressing 1c. Mixed Greens & Spinach 1c Cream of Cauliflower Soup 1 Dinner Roll 1/2c Pudding	26 Call your local Senior Center for Meal Information
29 1c Chili with Cheese 1 Baked Potato, Margarine 1c Salad with Dressing 1 Piece Cornbread	30 3oz Swiss Steak w/ 2oz Gravy 1/2c noodles 1/2c Green Beans 1 Wheat Bread 1/2c Pineapple Delight	 <p>Chef Guy is our Corporate Chef and Director of Nutrition. He is always cooking up delicious new recipes that are also nutritious!</p>		