Nutrition Group		June 2019 Congregate Meal Menu		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June 3 Baked Meatloaf with Gravy 1/2 cup Baked Potato with Margarine 1/2 cup Wax Beans Wheat Bread Fresh Melon	June Birthdays June 4 Roasted Pork with Gravy 1/2 cup Whipped Potatoes 1/2 cup Carrots White Bread Applesauce Cake	June 5 Chicken Marsala 1/2 cup Bow Tie Noodles 1/2 cup Peas Wheat Bread 1/2 cup Mixed Fruit	1/2 cup Seafood Salad over 1 cup Mixed Greens with Tomato and Hardboiled Egg	June 7 BBQ Ribette 1/2 cup Whipped Sweet Potatoes 1/2 cup Creamy Coleslaw White Bread 1/2 cup Sliced Pears
June 10 Chili Cheese Hot Dog (2 ounces Chili and 1 ounce Cheddar) 1/2 cup Baked Potato 1/2 cup Green Beans Hot Dog Roll 1/2 cup Cinnamon Applesauce	June 11 Penne and Meatballs (4) 3/4 cup Pasta with Sauce and Parmesan Cheese 1 cup Tossed Salad with Tomato and Dressing Italian Bread 1/2 cup Warm Peach Crisp	June 12 Roasted Sliced Turkey 1/2 cup Mashed Potatoes with Gravy 1/2 cup Mixed Vegetables Wheat Bread Cookie	Santa Fe Salad 1 cup Mixed Greens with 3 ounces	June 14 Breaded Pollock Filet 1/2 cup Vegetable Barley Pilaf 1/2 cup Carrots Wheat Bread Fresh Orange
Father's Day Special June 17 Bratwurst 2 ounces Sauerkraut Topping 1/2 cup Potato Salad 1/2 cup Baked Beans Hot Dog Roll Apple Pie Slice Mustard Packet	1/2 cup Mild Buffalo Chicken Sandwich with Shredded Lettuce	Breakfast for Lunch June 19 Egg Omelet Topped with Cheese Sausage Patty 1/2 cup Breakfast Potatoes Whole Grain Muffin with Jelly 4 ounces Orange Juice	Mandarin and Cranberry Chicken Salad with 3 ounces Chicken, 2 ounces Mandarin Orange, 1 tbl Cranberries 1 cup Mixed Greens with Cucumbers,	June 21 Salisbury Steak with Gravy 1/2 cup Mashed Potatoes 1/2 cup Carrots Wheat Bread 1/2 cup Sherbet
June 24 Breaded Chicken Cutlet 1/2 cup Macaroni and Cheese 1/2 cup Stewed Tomatoes Wheat Bread Fresh Melon		June 26 Pineapple Glazed Ham 1/2 cup Whipped Sweet Potatoes 1/2 cup Green Beans Wheat Bread 1/2 cup Sliced Pears	Stuffed Pepper with Tomato Sauce	June 28 1 cup Roast Beef and Dumplings 1/2 cup Creamy Coleslaw Whole Grain Buttermilk Biscuit 1/2 cup Sliced Peaches
All meals are subject to change Served Daily: 8 ounces Milk and 1 teaspoon Margarine				