June 2022 Congregate Meal Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nutrition Nutrition	The state of the s	June 1 Cheeseburger w/ Lettuce, Tomato 1/2c Potato Salad 1 Hamburger Roll Seasonal Fresh Fruit	June 2 Picnic Lunch Ham & Swiss on Rye Lettuce & Tomato Coleslaw Pasta Salad Iced Tea	June 3 Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1c Tossed Salad 1 Garlic Breadstick 1/2c Mixed Fruit
June 6 Swedish Meatballs (4) 1/2c Rice 1/2c Green Beans 1 Italian Breadstick 1/2c Mandarin Oranges	Grilled Chicken Salad (2oz Chicken, Egg,	June 8 Pepper Steak w/ 2oz Gravy 1/2c Cabbage & Noodles 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears	June 9 Picnic Lunch Chicken Salad w/ Lettuce on Roll Macaroni Salad Pickled Beets Fresh Fruit Cookie Lemonade	June 10 Hawaiian Pork Loin 1/2c Buttered Noodles 1/2c Island Blend Vegetables Strawberry Shortcake w/ 1/2c Fresh Strawberries
June 13 Beef Taco Salad 1c. Salad & Tomato Sour Cream 1/2c. Spanish Rice 1/2c Corn Tortilla Chips 1/2c Pineapple Delight	1/2c. Homestyle Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 White Bread	1/2c. Teriyaki Chicken 1/2c Vegetable Rice Pilaf 1/2c Green Beans 1 Wheat Bread Seasonal Fresh Fruit	Father's Day Meal June 16 Bratwurst 2 oz. Sauerkraut 1/2c. Baked Beans 1/2c. Potato Salad Hot Dog Bun Apple Pie Mustard Packet	June 17 Egg Omelet w/ Cheese 2 Sausage Links 1/2c Breakfast Potatoes 1 Wheat English Muffin w/ Jelly Seasonal Fresh Fruit
June 20 Picnic Lunch Sliced Turkey on Whole Wheat Bread Lettuce & Tomato Potato Salad Fresh Fruit Brownie Iced Tea	1c. Baked Cabbage Casserole w/ 2oz Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots	1/2c Cheesy Potatoes 1 Hot Dog Roll	June 23 Picnic Lunch Roast Beef w/ Cheese on Wheat Roll Fruit Juice Broccoli Salad Cookie Lemonade	June 24 Fiesta Chicken Burrito Bowl (3oz Chicken Breast/1oz Salsa .5oz Cheddar Jack) 1/2c Cilantro Lime Rice 1/2c Black Beans 1/2c Mandarin Oranges
June 27 Roasted Pork w/ Apples 1/2c Ranch Potatoes 1/2c Mixed Vegetables 1 Mini Biscuit w/ Apple Butter Seasonal Fresh Fruit			June 30 1/2c. Hearty Beef Stroganoff 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit	