



June 2018

Monday	Tuesday	Wednesday	Thursday	Friday
				1
		TO RESERVE		Cheeseburger Casserole 1
		OR CANCEL		Broccoli Florets
		A MEAL CALL		Mandarin Oranges 1
		641-792-7102		Blonde Brownie 1.5
		Toll Free 1-866-942-7102		
4	5	6	7	8
Hamburger Steak in Brown Gravy	Egg Salad Sandwich 2	Tuna Noodle Casserole 1	Chicken Broccoli Pasta 1	Hot Beef on Bread 1
Whipped Potatoes 1	Copper Penny Salad	Spinach	Green Beans 1	Mashed Potatoes w/ Gravy1
Seasoned Asparagus	Cottage Cheese with Fruit1	Banana 2	Apricots 1	Carrots
Pineapple 1	Melon Cup 1	Blueberry Bar 1	Roll 1	Ambrosia Salad 2
Lemon Pudding 2				Grapes 1
11	12	13	14	15
Meatloaf	Beef Patty on Bun	Chicken & Rice Casserole 1	Crispy Fish Sandwich 1	Biscuits & Gravy 1
Potatoes 1	Pickles & Onion	Lima Beans	Creamy Coleslaw 1	Hard Boiled Egg
Green Beans Amandine	Broccoli	Melon 1	Sweet Potato Tots 1.5	Hashbrown Casserole
Fruited Yogurt 1	Escaloped Potatoes 1	Brickle Bar 1	Mandarin Orange Cake 1.5	Blueberries 1
Apple 1	Dinner Roll 1			
	Plums 1			
18	19	20 BIRTHDAY DAY	21	22
Creamed Chicken 1	Beef Stroganoff Over	Cook's Choice	Beef Enchilada Casserole1.5	Minestrone Soup
Whipped Potatoes 1	Buttered Egg Noodles 1	Tossed Salad w/ Grilled Chicken	Tortilla Chips & Salsa .5	1/2 Tuna Salad Sandwich 1
Broccoli Normandy	Brussels Sprouts	Pickled Beets	Fiesta Corn 1	Crackers 1
Raisins 1	Fresh Fruit Cup 1	Banana	Raisins 1	Cantaloupe 1
Cherry Fruit Salad 1.5	Butterscotch Pudding 2	Birthday Cake	Peaches in Raspberry Gelatin 1	Brownie 1
		Roll		
25	26 Cook's Choice	27	28	29
Baked Cod	Ham & Cheese Sandwich	Lasagna 1	Pork Chop in Brown Gravy	BBQ Beef on Bun 2
Macaroni And Cheese 1	Chips	Lettuce Salad	Potatoes w/ Onion 1	Sweet Potato Tots 2
Glazed Carrots	Kidney Bean Salad	Italian Vegetables .5	Spinach	Asparagus
Strawberries 1	Pears	Watermelon 1	Peaches 1	Blueberries 1
Ice Cream 1	Chocolate Spice Cake	Garlic Bread 1	Cinnamon Applesauce 1	Chocolate Mousse 1

*Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults. The number after the food item denotes the carbohydrate choice for those with diabetes. Cook's Choice days do not have carbohydrate count labeled. 15 grams of carbohydrate equals 1 carb choice.