






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Menu A - Home-Delivered Meals</b> <b>**Menu B - Senior Centers Only**</b> <b>This will include all side meal components as listed</b></p>	<p><b>Suggested meal donation • \$3.00</b></p> <p> This meal is high in sodium</p> <p>See back of menu for nutrition information.</p> <p>←</p>	<p><b>1</b></p> <p><b>A:</b> Sliced Turkey Breast with Gravy <b>B:</b> Honey Glazed Ham Mashed Spiced Yams Country Vegetables Cornbread Muffin Fresh Fruit</p>	<p><b>2</b></p> <p><b>A:</b> Hamburger Patty <b>B:</b> Shredded BBQ Pork Lettuce/Tomato/Onion Baked Beans Hamburger Bun Hot Cinnamon Applesauce</p>	<p><b>3</b></p> <p><b>A:</b> Baked Chicken with Gravy <b>B:</b> Beef with Peppered Gravy Whipped Potatoes Green Beans with Red Peppers Multigrain Bread Lemon Berry Pudding *Diet - Vanilla Pudding</p> 
<p><b>6</b></p> <p><b>A:</b> Sloppy Joe <b>B:</b> Breaded Chicken Patty Glazed Beets Green Beans Hamburger Bun Fresh Fruit</p>	<p><b>7</b></p> <p><b>A:</b> Marinara Turkey Meatballs <b>B:</b> Polish Sausage with Sauerkraut Whipped Potatoes Sliced Carrots Hot Dog Bun Fresh Fruit</p>	<p><b>8</b></p> <p><b>Birthday Day!</b></p> <p><b>A:</b> Oven Fried Chicken <b>B:</b> Roast Beef with Gravy Whipped Potatoes with Gravy Green Peas with Onions Wheat Roll Sherbet</p> 	<p><b>9</b></p> <p><b>A:</b> Beef Spaghetti Casserole <b>B:</b> Chicken Alfredo Whole Kernel Corn Broccoli with Cheese Wheat Bread Nutty Buddy Bar</p>	<p><b>10</b></p> <p><b>A:</b> Potato Crusted Fish <b>B:</b> Liver and Onions Macaroni and Cheese Caribbean Vegetables Wheat Bread Lima Gelatin *Diet - Gelatin</p>
<p><b>13</b></p> <p><b>A:</b> Creole Beef Steak <b>B:</b> Cajun Pork Loin Dirty Rice Country Tomatoes Multigrain Bread Rice Krispy Treat</p>	<p><b>14</b></p> <p><b>A:</b> Turkey Tetrazzini <b>B:</b> Tuna Noodle Au Gratin Beets Green Bean Almandine Wheat Bread Applesauce</p>	<p><b>15</b></p> <p><b>A:</b> Salisbury Beef with Gravy <b>B:</b> Marsala Turkey Meatballs Twice Whipped Potatoes Peas and Carrots Texas Bread Fresh Fruit</p>	<p><b>16</b></p> <p><b>A:</b> Parmesan Chicken <b>B:</b> Eggplant Parmesan Rotini Pasta Brussels Sprouts Wheat Bread Fruited Orange Gelatin *Diet - Fruited Gelatin</p>	<p><b>17</b></p> <p><b>A:</b> Egg Salad <b>B:</b> Deli Style Salad Broccoli Raisin Salad Cucumber Onion Salad Club Crackers Fudge Cream Cookie</p>
<p><b>20</b></p> <p><b>JUNETEENTH HOLIDAY</b></p> <p><b>ALL CENTERS CLOSED</b></p>  <p><b>NO MEAL DELIVERY</b></p>	<p><b>21</b></p> <p><b>A:</b> Beef Lasagna Bake <b>B:</b> Turkey and Rice Casserole Broccoli Green Peas with Onions Texas Bread Fresh Fruit</p>	<p><b>22</b></p> <p><b>A:</b> Sesame Chicken <b>B:</b> Sweet and Sour Pork Jasmine Rice Japanese Vegetable Blend Wheat Bread Pineapple Tidbits</p>	<p><b>23</b></p> <p><b>A:</b> Country Fried Steak with Gravy <b>B:</b> Turkey Pork Roast with Gravy Whipped Potatoes Herbed Green Beans Multigrain Bread Oatmeal Raisin Cookie *Diet - Graham Crackers</p>	<p><b>24</b></p> <p><b>A:</b> Chicken Enchilada Bake <b>B:</b> Bean &amp; Cheese Burrito with Sour Cream Sauce Cilantro Lime Corn Fiesta Vegetable Blend Chocolate Pudding *Diet - Chocolate Pudding</p>
<p><b>27</b></p> <p><b>A:</b> Meatloaf with Tomato Gravy <b>B:</b> Lemon Pepper Fish Whipped Potatoes California Vegetable Blend Wheat Bread Oatmeal Cream Cookie</p> 	<p><b>28</b></p> <p><b>A:</b> Turkey A La King <b>B:</b> Mushroom Pork Loin Brown Rice Cheesy Brussels Sprouts Texas Bread Fresh Fruit</p>	<p><b>29</b></p> <p><b>A:</b> Balsamic Brown Sugar Beef <b>B:</b> Creamy Garlic Chicken Whole Kernel Corn Green Peas Cornbread Muffin Fruited Lemon Gelatin *Diet - Fruited Gelatin</p>	<p><b>30</b></p> <p><b>A:</b> Cheeseburger Macaroni <b>B:</b> Italian Shells and Cheese Green Beans Spring Vegetables Texas Bread Fresh Fruit</p>	