


## Over 60 Senior Neighborhood

June 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1) Roast Beef /LS Gravy Mashed Potato Corn and Red Pepper Wheat Bread Birthday Cake 1% Milk	2) Cream of Zucchini Soup Unsalted Crackers Fish Croquettes Tartar Sauce Sweet Potato Tots Spinach Wheat Dinner Roll Margarine Melon 1% Milk
5) Sweet and Sour Pork Brown Rice Oriental Blend Multigrain Bread Margarine Fresh Orange Wedges 1% Milk	6) Eggplant Rolatini Penne Pasta with Sauce Roasted Cauliflower Italian Bread Margarine Pineapple Juice Ice Cream Cup 1% Milk	7) Italian Wedding Soup Unsalted Crackers Grilled Chicken Caesar Salad (Grilled Chicken,Romaine Salad, Caesar Dressing) Garlic Breadstick Margarine Fruit Cocktail 1% Milk	8) Hamburger on a Wheat Bun Ketchup Lettuce, Tomato, Pickle Potato Salad Peaches 1% Milk	9) White Vegetable Lasagna Tossed Salad and Cucumber Vinaigrette Dressing Fresh Yellow Squash Wheat Dinner Roll Margarine Tropical Fruit 1% Milk
12) BBQ Chicken Qtr. Steak Fries Green Beans Wheat Bread Margarine Melon 1% Milk	13) Roast Pork/ LS Gravy Smashed Potato Carrots Pumpnickel Bread Margarine Applesauce 1% Milk	14) Crab Cake with Tartar Sauce Wild Rice Pilaf Broccoli Slaw Multigrain Roll Margarine Mixed Berry Strudel 1% Milk	15) <b>Father's Day Special!</b> Chicken Cordon Blue Au Gratin Potato Carrot Coins Garlic Dinner Roll Margarine Holiday Cake 1% Milk	16) Cheese Baked Ziti with Parmesan Cheese Riviera Blend Carrots Italian Bread Margarine Apple Juice Ice Cream Sandwich 1% Milk
19) Roasted Cauliflower Soup Unsalted Crackers Seafood Salad Plate Seafood Salad, Lettuce and Tomato Marinated Cucumber Salad Portuguese Roll Margarine Fresh Fruit 1% Milk	20) Spanish Chicken Qtr. Yellow Rice with Vegetables Snap Peas Corn Bread Margarine Apple Juice Rice Pudding 1% Milk	21) <b>First Day of Summer Special!</b> Hot Dogs Wheat Bun Chili Mustard Green Beans Vanilla Pudding 1% Milk	22) Stuffed Salmon with Lemon Sauce Mashed Butternut Squash Succotash Enriched Bread Margarine Apple Crisp 1% Milk	23) Spinach Quiche Fresh Zucchini Broiled Tomato Herbed Breadstick Margarine Fruit Cocktail 1% Milk
26) Tex Mex Chicken Spanish Rice Corn Cobblettes Corn Bread Margarine Fresh Orange Wedges 1% Milk	27) Spinach Frittata Zucchini and Tomatoes Carrots Dinner Roll Margarine Melon 1% Milk	28) Stuffed Shells Sausage Spinach with Garlic Italian Bread Margarine Mixed Fruit Juice Chocolate Pudding 1% Milk	29) Philly Cheese Steak Steak and Cheese Grinder Roll Pepper and Onion Steak Fries Cucumber Salad Orange Juice Carrot Cake 1% Milk	30) Rhode Island Clam Chowder Unsalted Crackers Pasta and Tuna Salad Lettuce and Tomato Beet Salad Garlic Breadstick Margarine Pineapple 1% Milk

**Whole Grain Bread, Butter and Skim or 1% Milk Served Daily**

Lunch is served at 12 noon. Reservations are required at least 24 hours in advance 203-249-2607.

**Entrees are 3 oz. portions, Vegetables & Salads are 4 oz. portions, Desserts are 4 oz. portions, Bread is 1 slice each, Milk 8 oz.****\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.**