






## Senior Nutrition Program      Noon Meal Menu –June 2024

**Serving all 17 counties. Subject to change. Participants are responsible to comply with their own dietary restrictions.**

For individuals age 60+ and their spouse of any age, there is a suggested contribution of \$5. Individuals younger than 60 must pay the full meal charge as posted at the Nutrition Center unless otherwise eligible.

Monday	Tuesday	Wednesday	Thursday	Friday
3) 3 oz Baked Chicken 1/2 C Mashed Potatoes 2 oz Gravy 1/2 C Broccoli 1/2 C Ambrosia Wheat Roll	4) 1/2 C Pork & Vegetable Stir Fry 1 C Lo Mein Noodles 1/2 C Beet Salad 1/2 C Mandarin Oranges Vegetable Egg Roll	5) 3 oz Swiss Steak 1/2 C Broccoli Slaw Baked Potato Strawberry Shortcake Wheat Roll	6) 4 Ham Balls 1/2 C Sweet Potato Casserole 1/2 C Green Peas 1/2 C Cinnamon Applesauce Garlic Wheat Roll	7) Potato Encrusted Fish 1/2 C Macaroni & Cheese 1/2 C Carrots & Onions 3/4 C Fruit Wheat Roll
10) <div style="text-align: center;"> <b>Cook's Choice With Dessert</b>    <b>Nutritionals not available</b> </div>	11) 3 oz Roast Beef 2 oz Gravy Baked Potato w/ Sour Cream 1/2 C Green Beans 1/2 C Sliced Peaches Wheat Roll	12) Cheese Pizza 1/2 C Roasted Zucchini 1/2 C Ambrosia WW Garlic Stick	13) Panko Crusted Fish w/ Cheese topping 1/2 C California Blend Vegetables 1/2 C Scalloped Pineapple Cornbread Muffin	14) <b>Happy Father's Day!</b> Oven Fried Chicken 1/2 C Mashed Potatoes 2 oz Gravy 1/2 C Green Bean Casserole 1/2 C Fruited Gelatin Creamy Custard Pie Wheat Roll
17) 3 oz Meatloaf 1/2 C Mashed Potatoes 2 oz Gravy 1/2 C Broccoli w/ Cheese Sauce 1/2 C Cinnamon Apple Slices Garlic Wheat Roll	18) 3 oz Turkey & Swiss on Wheat Lettuce/Tomato 1/2 C Creamy Cucumber & Onion Salad 1/2 C Copper Penny Salad 1/2 C Fruit	19) BBQ Baked Chicken 1/2 C Sweet Potatoes 1/2 C Green Peas 1/2 C Fruited Pudding Garlic French Bread	20) 3 oz Pulled Pork on WW Bun 1/2 C Baked Beans 1 C Tossed Salad 1 T Dressing 2/3 C Fruited Gelatin	21) 1 C Turkey & Rice Casserole 1/2 C Braised Cabbage 1 C Spinach Salad 1/2 C Tropical Fruit <div style="text-align: right;">Wheat Roll</div>
2) 3 oz Roast Turkey 2 oz Gravy 1/2 C Sweet Potatoes 1/2 C Green Beans w/ Onions Lemon Bar Wheat Roll	25) 3 oz Beef Patty w/ Cooked Onions 1/2 C Mashed Potatoes 1/2 C Baked Spinach Casserole 1/2 C Cinnamon Baked Apples Garlic Wheat Roll	26) 3/4 C Chicken Pasta Salad 1/2 C Corn Salad 3/4 C Sliced Cucumbers 3/4 C Seasonal Fruit 6 Wheat Crackers	27) 1 C Beef & Noodles 1/2 C Mashed Potatoes 1 C Chopped Green Salad 2T Dressing Mandarin Orange Cake	28) <div style="text-align: center;"> <b>Cook's Choice With Dessert</b>    <b>Nutritionals not available</b> </div>
			<b>Carbohydrate Education</b> information available upon request. All meals served with; 8 oz. milk, 1 whole wheat sl. bread unless other bread item noted, & 1 slice of margarine.	<b>Menus Are Subject to Change</b> <b>Nutritional's:</b> Menus provide 1/3 of the current Dietary Reference Intakes for individuals ages 60+.  <b>*Dine-In Choices not available in all areas.</b> <b>**For Cooks Reference.</b>

Please Call for required reservations 1-2 days in advance.