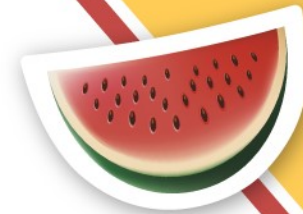


JUNE | 2024

Main Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 Pork BBQ Wheat Hamburger Bun Baked Beans Wax Beans Tropical Fruit String Cheese 7</p>	<p>4 Herb Baked Tilapia Parsley Noodles Broccoli Coleslaw Peaches 4</p>	<p>5 Pork Chop Suey White Rice Corn Squash Ambrosia Wheat Bread/Margarine 6</p>	<p>6 Chicken Cavatappi Garlic Bread Lima Beans Side Salad Applesauce 6</p>	<p>7 Roast Beef & Gravy Mashed Potato Cali Blend Green Beans Fruited Yogurt Wheat Roll/Margarine 6</p>
<p>10 Oven Fried Fish Baked Potato Coleslaw Spiced Apples 6</p>	<p>11 Sloppy Joe Wheat Hamburger Bun Euro Blend Wax Beans Fresh Fruit 5</p>	<p>12 Scalloped Potato & Ham Mixed Vegetables Fruit Cobbler Watermelon 7</p>	<p>13 Spaghetti & Meat Sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O 6</p>	<p>14 Swedish Meatballs Egg Noodles Asparagus Pineapple Tidbits Bread pudding 7</p>
<p>17 Homemade Macaroni & Cheese Side Salad Asparagus Beets Fruit Crisp 7</p>	<p>18 Walking Taco Mexican Rice Corn W/Peppers Fresh Fruit 7</p>	<p>19 AGEWELL CLOSED</p>	<p>20 Chicken Bowtie Pasta Carrot Raisin Salad Fruit Cocktail Sweet Bread 6</p>	<p>21 Oven Fried Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin/Margarine 6</p>
<p>24 Polish Sausage Hot Dog Bun Sauerkraut Asparagus Applesauce 4</p>	<p>25 Salisbury Steak Mashed Potato & Gravy Peas Fruit Cobbler Fruit Cocktail 8</p>	<p>26 Hamburger Hamburger Bun Red Skin Potatoes Broccoli Pears 6</p>	<p>27 S&S Meatballs White Rice Wax Beans Asparagus Ambrosia Birthday Cake 7</p>	<p>28 Citrus Salmon Brown Rice Green Beans Mandarin Oranges Wheat Roll/Margarine 6</p>

**Menu includes
Low Fat Milk**

**Meals include 1/3
of the Recommended Daily
Allowance (RDA)**

**Meals Subject
to Change**

**6-19 AgeWell Closed
6-27 Birthday Celebration**

1 carb count = 15g of
carbohydrates



****Please remember
Holiday meals will only
be sent to those in
highest need which is
very few participants**

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