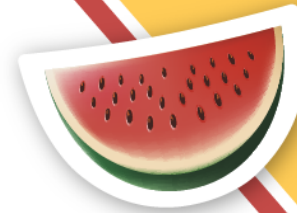


JUNE | 2026

HDM Main Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 Italian Chicken Breast Brown Rice Green Beans Beets Mandarin Oranges Dinner Roll/Butter 6</p>	<p>2</p>	<p>3 Polish Sausage Hot Dog Bun Sauerkraut Cali Blend Applesauce 4</p>	<p>4</p>	<p>5 Salisbury Steak & Gravy Mashed Potato Peas Fruit Cobbler 8</p>
<p>8 Bourbon Chicken White Rice Three Bean Salad Fruit Crisp 8</p>	<p>9</p>	<p>10 Chicken Wings Baked Potato Sautéed Cabbage Tomato salad Fruited Jell-O 5</p>	<p>11</p>	<p>12 S & S Meatballs Egg Noodles Wax Beans Asparagus Ambrosia Dinner Roll/Butter 7</p>
<p>15 Cabbage Roll Au Gratin Potatoes Peas & Carrots Applesauce Banana Pudding 6</p>	<p>16</p>	<p>17 Sliced Ham Sweet Potatoes Peas Pineapple Tidbits Wheat Bread/Butter 7</p>	<p>18</p>	<p>19 AgeWell Closed</p>
<p>22 Seasoned Chicken Breast Red Roasted Potatoes Cali Blend Tropical Fruit Dinner Roll/Butter 6</p>	<p>23</p>	<p>24 Beef Stew Mashed Potatoes Cali Blend Green Beans Fruited Yogurt Birthday Cake 6</p>	<p>25</p>	<p>26 Pork BBQ Hamburger Bun Baked Beans Wax Beans Tropical Fruit String Cheese 7</p>
<p>29 Swedish Meatballs Egg Noodles Spinach Pineapple Tidbits Bread Pudding 7</p>	<p>30</p>	<p>1</p>	<p>2</p>	<p>3 1 carb count = 15g of carbohydrates</p>

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

**6/19 AgeWell Closed
6/24 Birthday Celebration**



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