

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Salisbury Steak Garlic Mashed Potatoes Peas & Mushrooms Lorna Doones Sandwich Roll	2 Frittata O' Brien Potatoes Stewed Tomato Vanilla Pudding Diet = SF Vanilla Pudding Italian Bread	3 Chicken Picatta Gemelli Pasta Green Beans Fruited Ambrosia Pumpnickel Bread	4 Teriyaki Beef Steamed Rice Roasted Broccoli Pineapple Fortune Cookie Whole Wheat Bread	5 Lemon Pepper Fish Lemon Herb Potatoes Mixed Vegetables Fresh Fruit Marble Rye Bread
8 Macaroni & Cheese Stewed Tomatoes Jardiniere Vegetables Yogurt Marble Rye Bread	9 Meatballs w/Onion Gravy Bowtie Pasta Scandanavian Vegetables Pineapple Pumpnickel Bread	10 Marinated Pork Loin Cornbread Stuffing California Blend Baked Apples Whole Wheat Bread	11 BBQ Chicken Mashed Potatoes Green Beans Chocolate Pudding & Diet Italian Bread	12 Ham Salad Sandwich Pasta Salad Tomato & Onion Salad Fresh Fruit Pita Bread
15 Chicken Stir-Fry Steamed Rice Roasted Broccoli Fresh Fruit Pumpnickel Bread	16 Beef Bourguignon Garlic Mashed Potatoes Country Blend Vegetables Mixed Fruit Italian Bread	17 Lasgana & Meatballs Peas & Carrots Baked Cinnamon Pears Whole Wheat Bread	18 <u><i>Father's Day Meal</i></u> Chicken w/Broc. & Cheese Cranberry Stuffing Brussels Sprouts Tiramisu Cupcakes Diet=Cheesecake Mousse Dinner Roll	19 <u>Juneteenth</u> No Meal Served
22 Garlic Brown Sugar Chicken Mashed Potatoes Honey Glazed Carrots Vanilla Mousse Whole Wheat Bread	23 Ziti w/ Meat Sauce California Blend California Vegetables Green Beans Fresh Fruit Italian Bread	24 Hot Dog Baked Beans Coleslaw Baked Apples Hot Dog Bun Mustard	25 Vegetarian Chili w/Cheese Roasted Potatoes Country Blend Vegetables Birthday Cake Diet = Small Piece Marble Rye Bread	26 Beef Enchilada w/ Cheese Spanish Rice Chuckwagon Corn Pineapple Pita Bread Sour Cream
29 BBQ Bahn Mi Pork Carrots Coleslaw Baked Cinnamon Pears Sandwich Roll Mayo	30 Lentil Stew w/ Cheddar Cheese Steamed White Rice Jardiniere Vegetables Fruited Ambrosia Marble Rye	<u>Menus are Subject to Change</u> <u>Your \$3.00 Donation is Appreciated!</u>		



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ESWA Nutrition Program
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