

Donation: \$1.00

Lunch is served at 1:00 pm at the South Middle School on West Silver Street.
Please call the Senior Center at 562-6435 by 10:30am to reserve your spot.

A carton of Low Fat Milk and or Tea and Coffee is included with every meal.



Monday June 3
Shepherd's Pie made with
Beef, Corn and Whipped Potatoes
Steamed Green Beans
WG Dinner Roll
Chilled Applesauce
Carton of Low Fat Milk
Dried Cherries

Tuesday June 4
Rosemary Roasted Chicken Quarter
Oven Roasted Potatoes
Whipped Yams
WG Dinner Roll
Chilled Mixed Fruit
Carton of Low Fat Milk

Wednesday June 5
Egg, Ham and Cheese Wrap
Sausage
Hashbrowns
Homemade Mixed Berry Bread
Fresh Fruit
Carton of Low Fat Milk

Thursday June 6
Beef Burger (low sodium)
On WW bun
Cheese, Lettuce, Tomatoes, Pickles
Oven Baked Fries
Chilled Pineapple
Carton of Low Fat Milk

Friday June 7
Lemon Pollock Loin
Whipped Potatoes
Steamed Broccoli
Homemade Banana Bread
Chocolate Pudding with Topping
Carton of Low Fat Milk
Soup Of The Day

Monday June 10
Homestyle Chicken Chunks
With Gravy
Whipped Potatoes
Corn
WW Bread
Chilled Applesauce
Carton of Low Fat Milk
Dried Cranberries

Tuesday June 11
Meatloaf
Rice pilaf
Carrots
WG Dinner Roll
Strawberry Cups
Carton of Low Fat Milk

Wednesday June 12
Roasted Turkey
With Gravy
Whipped Potatoes
Green Beans
Chilled Peaches
Carton of Low Fat Milk
Snack Loaf

Thursday June 13
Cold Cut Grinder
On WW Roll
Coleslaw
Carrots
Fresh Fruit
Carton of Low Fat Milk

Friday June 14
Breaded Baked Pollock
Whipped Potatoes
Steamed Broccoli
WG Dinner Roll
Chocolate Pudding with Topping
Carton of Low Fat Milk
Soup Of The Day

Monday June 17
Beef Stroganoff
Over Egg Noodles
Italian Blend Vegetables
Diced Strawberry Cup
WG Dinner Roll
Carton of Low Fat Milk
Dried Plumbs

Tuesday June 18
Chicken Breast & Gravy
Over Stuffing
Corn
WG Roll
Fresh Orange
Carton of Low Fat Milk

Wednesday June 19
Hot Dog (low Sodium)
On WW bun
Steamed Broccoli
Carton of Low Fat Milk
Chilled Peaches
Snack Loaf

