

## June 2022 Congregate Meal Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		June 1	June 2	June 3
		Cheeseburger w/ Lettuce, Tomato 1/2c Potato Salad 1 Hamburger Roll Seasonal Fresh Fruit	Hot Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1c Tossed Salad 1 Garlic Breadstick 1/2c Mixed Fruit
June 6	June 7	June 8	June 9	June 10
Swedish Meatballs (4) 1/2c Rice 1/2c Green Beans 1 Italian Breadstick 1/2c Mandarin Oranges	Grilled Chicken Salad (2oz Chicken, Egg, Cheddar, over 1c Mixed Greens) 1/2c Broccoli Salad 1 Dinner Roll 1/2c Fruited Gelatin	Pepper Steak w/ 2oz Gravy 1/2c Cabbage & Noodles 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears	Baked Lemon Pepper White Fish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit	Hawaiian Pork Loin 1/2c Buttered Noodles 1/2c Island Blend Vegetables Strawberry Shortcake w/ 1/2c Fresh Strawberries
June 13	June 14	June 15	June 16	June 17
Beef Taco Salad 1c. Salad & Tomato Sour Cream 1/2c. Spanish Rice 1/2c Corn Tortilla Chips 1/2c Pineapple Delight	1/2c. Homestyle Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 White Bread Cookie	1/2c. Teriyaki Chicken 1/2c Vegetable Rice Pilaf 1/2c Green Beans 1 Wheat Bread Seasonal Fresh Fruit	<b>Father's Day Meal</b> Bratwurst 2 oz. Sauerkraut 1/2c. Baked Beans 1/2c. Potato Salad Hot Dog Bun Apple Pie Mustard Packet	Egg Omelet w/ Cheese 2 Sausage Links 1/2c Breakfast Potatoes 1 Wheat English Muffin w/ Jelly Seasonal Fresh Fruit
June 20	June 21	June 22	June 23	June 24
1/2c. Warm Roast Beef & Cheddar Sandwich 1/2c Mixed Vegetables 1 Sandwich Roll Seasonal Fresh Fruit	1c. Baked Cabbage Casserole w/ 2oz Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Cookie	Stadium Hot Dog 2oz Sauerkraut 1/2c Cheesy Potatoes 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges	Salisbury Steak w/ Gravy Baked Potato w/ Margarine Sour Cream 1/2c Green Beans 1 Wheat Bread 1/2c Pudding	Fiesta Chicken Burrito Bowl (3oz Chicken Breast/1oz Salsa .5oz Cheddar Jack) 1/2c Cilantro Lime Rice 1/2c Black Beans 1/2c Mandarin Oranges
June 27	June 28	June 29	June 30	
Roasted Pork w/ Apples 1/2c Ranch Potatoes 1/2c Mixed Vegetables 1 Mini Biscuit w/ Apple Butter Seasonal Fresh Fruit	1/2c. Fresh Egg Salad Sandwich Lettuce & Tomato 1/2c Three Bean Salad 2 Wheat Bread 1/2c. Cinnamon Applesauce	1/2c. Pulled Turkey w/ Gravy 1/2 Mashed Potatoes 1/2c Corn 1 Wheat Bread Cookie	1/2c. Hearty Beef Stroganoff 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit	

\*\*\*Please call the center at 717-938-4649 to reserve your meal by 10:30 AM at least one business day in advance.\*\*\*

\*\*\* Served daily: 8 ounces milk ~ All meals are subject to change \*\*\*