"we are a sign of excellence"

JUNE 2012 CONGREGATE NUTRITION MONTHLY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 4 oz. Turkey Pot Roast 4 oz. Greens 4 oz. Mashed Potatoes 4 oz. Pineapple Tidbits 1 Roll w/ Butter 1 Apple Juice 688
4 4 oz. Chicken Stir Fry 4 oz. Mixed Vegetables 4 oz. Rice 4 oz. Sliced Peaches 1 Sliced of Bread w/ Butter 1 Orange Juice 771	5 4 oz. Roast Beef w/ Gravy 4 oz. Broccoli 4 oz. Carrots 1 Mandarin Orange 1 Roll w/ Butter 1 Grape Juice 589	6 4 oz. BBQ Chicken 4 oz. Spinach 4 oz. Macaroni & Cheese 4 oz. Mixed Fruit 1 Slice of Bread w/ Butter 1 Apple Juice 958	7 8 oz. Spaghetti & Meatballs 4 oz. Italian Blend Veg 4 oz. Garden Salad 4 oz. Applesauce 1 Roll w/ Butter 1 Orange Juice 606	8 4 oz. Seasoned Tilapia 4 oz. Green Beans 4 oz. Corn 1 Fresh Banana 1 Slice of Bread w/ Butter 1 Grape Juice 673
11 4 oz. Swedish Meatballs 4 oz. California Blend Veg 4 oz. Egg Noodles 4 oz. Pineapple Chunks 1 Roll w/ Butter 1 Apple Juice 1,034	12 4 oz. Baked Chicken 4 oz. Greens 4 oz. Roasted Potatoes 4 oz. Diced Peaches 1 Slice of Bread w/ Butter 1 Orange Juice 694	13 4 oz. Sliced Turkey 4 oz. Broccoli 4 oz. Stuffing 4 oz. Grapes 1 Slice of Bread w/ Butter 1 Grape Juice 715	14 4 oz. Meatloaf 4 oz. Green Beans 4 oz. Mashed Potatoes 1 Mandarin Orange 1 Roll w/ Butter 1 Apple Juice 570	15 4 oz. Chicken Parmesan 4 oz. Mixed Vegetables 4 oz. Spaghetti Noodles 4 oz. Applesauce 1 Slice of Bread w/ Butter 1 Orange Juice 713
18 4 oz. Italian Sausage with Onions & Peppers 4 oz. Scandinavian Veg 4 oz. Roasted Potatoes 4 oz. Mixed Fruit 1 Roll w/ Butter 1 Grape Juice 1,079	19 4 oz. Oven Fried Fish 4 oz. Greens 4 oz. Rice & Kidney Beans 1 Fresh Banana 1 Slice of Bread w/ Butter 1 Apple Juice 801	20 4 oz. Salisbury Steak 4 oz. Broccoli 4 oz. Mashed Potatoes 4 oz. Pineapple Tidbits 1 Slice of Bread w/ Butter 1 Orange Juice 677	21 4 oz. Chicken Cacciatore 4 oz. Italian Blend Veg 4 oz. Penne Noodles 4 oz. Sliced Peaches 1 Slice of Bread w/ Butter 1 Grape Juice 1,033	22 4 oz. Beef Pot Roast 4 oz. Green Beans 4 oz. Carrots & Potatoes 1 Fresh Orange 1 Roll w/ Butter 1 Apple Juice 805
25 4 oz. Turkey Lasagna 4 oz. Italian Blend Veg 4 oz. Garden Salad 4 oz. Applesauce 1 Roll w/ Butter 1 Orange Juice 582	26 4 oz. BBQ Chicken 4 oz. Corn on the Cob 4 oz. Mashed Potatoes 4 oz. Mixed Fruit 1 Slice of Bread w/ Butter 1 Grape Juice 1,070	27 4 oz. Sliced Turkey w/ Gravy 4 oz. California Blend Veg 4 oz. Stuffing 4 oz. Diced Peaches 1 Roll w/ Butter 1 Apple Juice 648	28 4 oz. Oven Fried Chicken 4 oz. Spinach 4 oz. Corn 1 Banana 1 Slice of Bread w/ Butter 1 Orange Juice 698	29 4 oz. Italian Fish 4 oz. Greens 4 oz. Roasted Potatoes 4 oz. Pineapple Tidbits 1 Slice of Bread w/ Butter 1 Grape Juice 764