



June 2018 Menu



Mon	Tue	Wed	Thu	Fri
MEAT SUBSTITUTE MEAL Chicken Tenders Collard Greens Sweet Potatoes Beets Peaches Cottage Cheese	VEGETABLE SUBSTITUTE MEAL Pinto Beans Collard Greens Sweet Potatoes Beets Peaches Cottage Cheese			1 Oven Fried Fish Filet Okra & Tomatoes Macaroni & Cheese Cornbread / Margarine / Tartar Sauce Mixed Fruit White Coleslaw
4 Chicken Pot Pie Steamed Broccoli Mixed Vegetables Roll / Margarine Seedless Grapes Strawberry Shortcake	5 Spaghetti w/ Meat Sauce Peas Roasted Carrots Italian Bread / Parm. Cheese / Salad Dressing Tossed Salad Applesauce	6 Grilled Boneless Chicken Breast Mixed Greens Whipped Potatoes Roll - Margarine Sliced Peaches Cottage Cheese	7 Sloppy Joe Oven Roasted Potatoes Stir-Fried Squash & Zucchini Bun Coleslaw Melon	8 BBQ Pork Baked Beans Warm Potato Salad Bun / Salad Dressing Tossed Salad Chocolate Pudding
11 Turkey & Cheese Wrap Dilled Cucumbers Potato Salad Melon Cubes Mandarin Oranges Large Fig Bar	12 Sliced Ham in Pineapple Juice Broccoli Casserole 2 Sweet Potato Patties Cornbread / Margarine Pineapple Tidbits 2 Cookies	13 Meatloaf in Tomato Sauce Buttered Carrots Whipped Potatoes Wheat Roll / Margarine Pears & Cheese Seedless Grapes	14 Chicken & Dumplings Green Beans Peach Cobbler Roll / Margarine Carrot Raisin Salad 2 Cookies	15 Hamburger Hashed Brown Potatoes Creamed Corn Bun / Cheese / Mustard / Ketchup Coleslaw Mixed Fruit
18 BBQ Meatballs Peas & Carrots Rice Roll / Margarine Sliced Peaches Cottage Cheese	19 Chicken Marsala Turnip Greens Corn Wheat Roll / Margarine Mandarin Oranges 2 Cookies	20 Roasted Turkey w/ Dressing Green Peas & Carrots Creamed Spinach Roll / Margarine Mixed Fruit w/ Fresh Blueberries Spice Cake	21 Chicken Tenders Cinnamon Pears Baked Beans Mandarin Oranges Coleslaw 2 Sugar Cookies / Honey Mustard	22 Chicken Salad on Lettuce & Tomato Pasta Salad Three Bean Salad 2 Slices Wheat Bread Fruit Cocktail Carrot Cake
25 Cubed Steak w/ Gravy Turnip Greens Rice Roll / Margarine / Vinegar Mandarin Oranges Gingerbread	26 Pork Loin w/ Gravy Green Beans Sweet Potato Casserole Wheat Roll / Margarine Fresh Apple Slices Lemon Square	27 Spaghetti w/ Meat Sauce Lima Beans Glazed Carrots Italian Bread / Parm. Cheese / Salad Dressing Tossed Salad Applesauce	28 Boneless Baked Chicken w/ Gravy Broccoli Casserole Whipped Potatoes Roll / Margarine Mixed Fruit Salad Mandarin Oranges	29 Hamburger Baked Beans Potato Wedges Bun / Cheese / Mustard / Ketchup Peaches Cottage Cheese

2% Milk will be served with all meals.

**Onions will be in a small separate container.

You may order the Meat Plate or Vegetable Plate Substitute Meal option in place of what's offered on the menu.

All substitute meal orders and cancellations must be received by noon, one business day before needed, by calling the Meals on Wheels office at 704-633-0352.