

# June 2019 Menu

Mon	Tue	Wed	Thu	Fri
<b>3</b> Grilled Boneless Chicken Breast Broccoli & Rice Casserole Stewed Tomatoes Mini Yeast Roll Waldorf Salad Sliced Peaches	<b>4</b> Steakburger w/ Cheese Baked Beans Tater Tots Bun / Mustard & Ketchup Lettuce & Tomato Slice Mixed Fruit	<b>5</b> Beef Pot Roast Red Bliss Potatoes Steamed Broccoli Mini Yeast Roll Grape Tomatoes Mandarin Oranges	<b>6</b> Chicken & Dumplings Green Beans Roasted Sweet Potatoes Seedless Grapes Diced Mango 2 Oatmeal Cookies	<b>7</b> Roast Chicken (leg & thigh) Collard Greens Mashed Potatoes Pineapple Tidbits Blueberry Pie
<b>10</b> Lightly Breaded Fish Filet Stir-Fried Squash Skillet Cornbread Coleslaw Mandarin Oranges Honeydew Melon / Tartar Sauce	<b>11</b> Meatloaf Turnip Greens Scalloped Potatoes Mini Yeast Roll Grape Tomatoes Sliced Peaches	<b>12</b> Beef Pot Pie Green Peas Carrots Beets Applesauce 2 Peanut Butter Cookies	<b>13</b> Sliced Ham w/ Pineapple Sweet Potato Casserole Green Beans Mini Yeast Roll Orange Slices Pineapple Tidbits	<b>14</b> Grilled Boneless Chicken Breast Corn Roasted Brussels Sprouts Mini Yeast Roll Grape Tomatoes Mixed Fruit
<b>17</b> Salisbury Steak w/ Gravy Rice Steamed Broccoli Mini Yeast Roll Sliced Peaches Orange Slices	<b>18</b> Fajita Chicken Mexican Rice Stir-Fried Vegetables Flour Tortillas / Sour Cream Packet Shredded Lettuce & Diced Tomatoes Cinnamon Peaches	<b>19</b> Chicken Salad on Lettuce & Tomato Green Pea Salad w/ Mayo & Cheese Waldorf Salad 3 Saltine Cracker Packets Watermelon Fruited Gelatin	<b>20</b> Carved Roast Beef Mashed Potatoes Green Peas Grape Tomatoes Sliced Peaches 2 Oatmeal Cookies	<b>21</b> Baked Ziti w/ Meat Sauce Steamed Broccoli Carrots Vegetable Salad Pears Angel Food Cake
<b>24</b> Sirloin Steak Strips over Rice Cabbage Fried Okra Pineapple Tidbits Melon 2 Oatmeal Cookies	<b>25</b> Pulled Pork BBQ Corn Black-Eyed Peas Bun Coleslaw Mandarin Oranges	<b>26</b> Steakburger w/ Gravy Mashed Potatoes Mixed Vegetables Orange Slices Applesauce 2 Oatmeal Cookies	<b>27</b> Sliced Turkey & Dressing w/ Gravy Green Beans Beets Sliced Pears Melon	<b>28</b> Lightly Breaded Chicken Tenders Baked Beans Stir-Fried Zucchini Sliced Peaches Seedless Grapes Broccoli Salad Honey Mustard Dipping Sauce
*2% Milk will be served with all meals. You may order the Meat Plate or Vegetable Plate Substitute Meal option in place of what's offered on the menu.	<b>All substitute meal orders and cancellations <u>must be received by noon, one business day before needed</u>, by calling the Meals on Wheels office at 704-633-0352.</b>	*Menu is subject to change without notice.	<u>MEAT SUBSTITUTE MEAL</u> Grilled Chicken Steamed Carrots Green Beans Mini Yeast Roll Sliced Peaches Applesauce	<u>VEGETABLE SUBSTITUTE MEAL</u> Mac & Cheese Steamed Carrots Green Beans Mini Yeast Roll Sliced Peaches Applesauce