

Department of Senior Affairs – Nutrition/Transportation Division

Menu for the Week of: **June 4th- June 8th**

We reserve the right to alter the menu due to food availability and suitability for home delivery. Diabetic clients should not be given sugar and only given bread upon request.

Monday June 4th (high Sat fat from alfredo)

Turkey Tetrizzini (spaghetti pasta, Alfredo, turkey, diced carrots)	4 oz, 1 oz, 2 oz, 2 oz
Imperial Blended Vegetables	4 oz
Peas	4 oz
Sherbet	4 oz
1% Milk	8 Ounces

Tuesday June 5th

Cajun Spiced Tilapia over white rice	3 oz, 4 oz
Imperial Blended Vegetables	4 oz
Scalloped Potatoes	4 oz
Cantaloupe	4 oz
Whole Wheat Roll	1 Each
1% Milk	8 Ounces

Wednesday June 6th

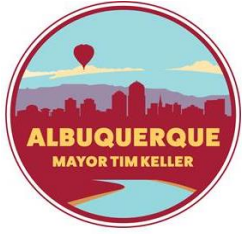
Greek Pasta Salad (Penne, olives, tomato, bell pepper, swiss cubes, diced ham)	6 oz, 1 oz veg, 1 oz cheese, 2 TBSP Greek, 2 oz
Cucumber/ tomato in red wine vinegar	4 oz
Whole Wheat Roll	1 Each
Grapes	4 oz
1% Milk	8 Ounces

Thursday June 7th

Meatloaf over Cauliflower Mash	4 oz, 4 oz
Egg Noodles	4 oz
Broccoli	4 oz
Orange	1
1% Milk	8 Ounces

Friday June 8th

Brisket/ Peppers Sandwich (on WW Hoagie)	3 oz meat, 4 oz peppers, 1.5 TBSP BBQ
Roasted Baby Carrots	4 oz
Baked potatoes	4 oz
Apple	1
1% Milk	8 Ounces



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Menu for the Week of: **June 11th- June 15th**

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Monday June 11th

Frito Pie (no cheese)	4 oz
Yellow Squash	4 oz
Fritos	4 oz
Mixed Fruit	4 oz
1% Milk	8 Ounces

Tuesday June 12th

Beef Tips w/ white rice	3 oz, 5 oz
Steamed broccoli	4 oz
Au Gratin Potatoes	4 oz
Pineapple	4 oz
1% Milk	8 Ounces

Wednesday June 13th (WARM)

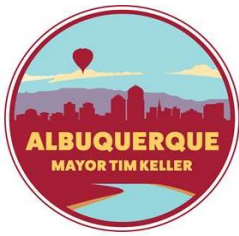
Pasta Primavera (Bowtie, 5 way vegetables, oregano, garlic, tomato sauce, stewed tomatoes)	2 oz, 5 oz, 1 oz, TBSP (sauce), 1 oz (stewed)
Black Beans w/ Peppers and Onions	4 oz
Beets	4 oz
Banana	1 Each
1% Milk	8 Ounces

Thursday June 14th

Chicken Stir Fry	3 oz chicken, 5 oz vegetables
White Rice	4 oz
Peaches w/ Cinnamon	4 oz
Fortune Cookie	2
1% Milk	8 Ounces

Friday June 15th

Salisbury Steak w/ WW Roll	3 oz, 1 Each
Steamed asparagus	4 oz
Sweet Potatoes	4 oz
Pear	1
1% Milk	8 Ounces



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Menu for the Week of: **June 18th- June 22nd**

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Monday June 18th

Spaghetti with meatballs	4 oz, 2 oz, 2 oz sauce (1oz sauce, 1 oz paste)
Italian Steamed Vegetables	4 oz
Whole Wheat Roll	1
Side Salad and PC fat free Italian	4 oz
Mandarin Oranges	4 oz
1% Milk	8 Ounces

Tuesday June 19th

Green chili enchiladas	4 oz
Pinto beans w/ spinach	3 oz, 1 oz
Spanish rice	4 oz
Honeydew Melon	4 oz
1% Milk	8 Ounces

Wednesday June 20th

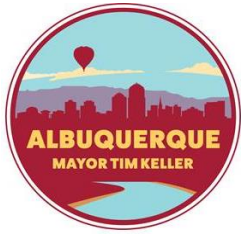
Buffalo Chicken Pepper Tacos (1/2 pepper, chicken, buffalo sauce, Mexican shred cheese)	4 oz peppers, 1 tortilla, 3 oz chicken, 1 oz reduced fat cheese
Orzo	4 oz
Roasted Cauliflower	4 oz
Nectarine	1
1% Milk	8 Ounces

Thursday June 21st

Catfish over Brown Rice	3 oz, 5 oz
Rosemary Roasted Potatoes	4 oz
Malibu Blended vegetables	4 oz
Pear	1
1% Milk	8 Ounces

Friday June 22nd

Omelet	4 oz
Mashed Sweet Potatoes	4 oz
Mushrooms/ Asparagus	4 oz
Banana Pudding	4 oz
Biscuit	1 Each
1% Milk	8 Ounces



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Menu for the Week of: **June 25th- June 29th**

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Monday June 25th

Memphis Dry Rub chicken over corn	4 oz, 4 oz
Baked Potato w/ Margarine	4 oz
Steamed zucchini	4 oz
Pineapple	4 oz
1% Milk	8 Ounces

Tuesday June 26th

Beef fajitas	3 oz beef, 5 oz fajita blend (2 tsp oil)
Black Beans	4 oz
Spicy Brown rice	4 oz
Flour tortillas	2
Watermelon	4 oz
1% Milk	8 Ounces

Wednesday June 27th

Chicken Burger w/ Roasted Thyme Red Potatoes (w/ bun or bun on the side)	3 oz, 4 oz
Italian Blended Vegetables	4 oz
Pear Slices	4 oz
Lettuce, tomato, Onion	4 oz
1% Milk	8 Ounces

Thursday June 28th

Turkey and Mashed Potatoes with gravy	3 oz, 4 oz, 1 oz
Steamed baby carrots	4 oz
Roasted Brussels Sprouts	4 oz
Whole Wheat Roll	1
Cantaloupe	4 oz
1% Milk	8 Ounces

Friday 29th

Garlic Salmon over oiled Bowtie Pasta	3 oz, 4 oz
Imperial Blended Vegetables	4 oz
Sweet Potatoes	4 oz
Chocolate Chip Cookie	1
1% Milk	8 Ounces