



Department of Senior Affairs – Nutrition/Transportation Division

Menu for the Week of: June 3rd to June 7th 2019

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 3rd

Cajun Spiced Tilapia	3oz
Malibu Blend	4oz
White Rice	4oz
Cantaloupe	4oz
Whole Wheat Roll/ Margarine	1 Each
1% Milk	8 Ounces

Tuesday June 4th

Greek Pasta Salad: Bow Tie, Olives, Tomato, Bell Pepper Diced Ham, Cubed Cheese	3oz/.5oz/.5oz/.5oz/ 2oz/.5oz
Cucumber/ Tomato Salad with Ranch	4oz
Wheat Crackers	2 pack
Grapes	4oz
1% Milk	8 Ounces

Wednesday June 5th

Red Chili Omelet	3oz / 1oz
Rosemary Potatoes	4oz
Stewed Tomatoes	4oz
Tortilla	1 each
Pineapple	4oz
1% Milk	8 Ounces

Thursday June 6th

Turkey Tetrizzini	3oz
Imperial Blend	4oz
Peas	4oz
Sherbet	4oz
1% Milk	8 Ounces

Friday June 7th

Meatloaf	3oz
Mashed Potatoes	4oz
Dinner Roll/ Margarine	1 each
Broccoli	4oz
Orange	1 each
1% Milk	8 Ounces



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Menu for the Week of: June 10th to June 14th 2019

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Monday June 10th

Salisbury Steak with Mushroom Onion Gravy	3oz/ 1oz
Green Beans	4oz
Scalloped Potatoes	4oz
Dinner Roll / Margarine	1 Each
Sliced Pears	4oz
1% Milk	8 Ounces

Tuesday June 11th

BBQ Chicken Sandwich	3oz/ 1 Hamburger Bun
Sweet Potato	4oz
Cornbread	2X2
Grapes	4oz
1% Milk	8 Ounces

Wednesday June 12th

Spaghetti with Meat Sauce: Pasta/ Meat Sauce	4 Ounces / 3 Ounces
Corn	4 Ounces
Breadstick	1 Each
Apple	1 Each
1% Milk	8 Ounces

Thursday June 13th

Tossed Salad with Turkey, Strawberries and Mandarin Orange Low Fat Dressing	6 Ounce / 2 Tablespoons
Orzo with peppers	4 Ounces
Wheat Crackers	2 pks
1% Milk	8 Ounces

Friday June 14th

Cheese Burger with Green Chile/ Beef, Cheese, Bun	3 Ounces, 1 Ounce, 1 Slice, 1 Bun
Baked Beans	4 Ounces
Steak Fries with Ketchup	4 Ounces, 1 pk
Watermelon	4 Ounces
1% Milk	8 Ounces



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Menu for the Week of: June 17th to June 21st 2019

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Monday June 17th

Beef Tips over Noodles: Beef / Penne	3 Ounces/ 4 Ounces
Green Beans with Mushrooms	4 Ounces
Peach Cobbler	4 Ounces
Sliced Wheat Bread / Margarine	1 Each
1% Milk	8 Ounces

Tuesday June 18th

Jerk Chicken	3 Ounces
Collard Greens	4 Ounces
Dirty Rice	4 Ounces
Yogurt	4 Ounces
Dinner Roll	1 Each
1% Milk	8 Ounces

Wednesday June 19th

Turkey Wrap with Avocado: Turkey / Avocado/ 10 inch Flour Tortilla	3 Ounces/ 1 Ounce/ 1 Each
Coleslaw	4 Ounces
Cottage Cheese with Fruit	3 Ounces / 1 Ounce
1% Milk	8 Ounces

Thursday June 20th

Red Beef Enchiladas: Tortilla/ Cheese/Beef/ Red Chile	2 Each/ 1 Ounce/ 3 Ounce / 1 Ounce
Pinto Beans	4 Ounces
Spanish Rice	4 Ounces
Pear	1 Each
1% Milk	8 Ounces

Friday June 21st

Pork Roast with Gravy	3 Ounce/ 1 Ounce
Steamed Carrots	4 Ounces
Mashed Potatoes	4 Ounces
Dinner Roll	1 Each
Apple	1 Each
1% Milk	8 Ounces



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Menu for the Week of: June 24th to June 28th 2019

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Monday June 24th

Frito Pie Onions And Cheese / Beef, Beans and cheese /onion	3 Ounces/ 1 Ounce/ 1 Ounce / 1 Ounce /
Corn Chips	1 Ounces
Mexi Corn	4 Ounces
Orange	1 Each
1% Milk	8 Ounces

Tuesday June 25th

Caesar Salad with Chicken: Romaine Lettuce/Chicken/Caesar Dressing/ Olives	4 Ounces /3 Ounces / 2 T/ ½ Ounce
Croutons	2 Ounce
3 Bean Salad	4 Ounces
Sliced Peaches	4 Ounces
1% Milk	8 Ounces

Wednesday June 26th

Pasta Pizza with Pepperoni and Sausage	4oz/ 1oz / 1oz
Imperial Blend	4oz
Garlic Bread Stick	1 Each
Sliced Apricots	4oz
1% Milk	8 Ounces

Thursday June 27th

Salmon with Dill Sauce	3oz/1oz
Roasted Peppers	4oz
Lemon Brown Rice	4oz
Banana Pudding	4oz
1% Milk	8 Ounces

Friday June 28th

Carne Adovada	3oz
Pinto Beans	4oz
Spanish Rice	4oz
Honeydew	4oz
Tortilla	1 Each
1% Milk	8 Ounces