



Monday	Tuesday	Wednesday	Thursday	Friday
3 Salisbury Steak Roasted Potatoes Brussels Sprouts Fresh Pear Cookie	4 Chicken Piccata over Rice Spinach Mixed Fruit Cup Raisins	5 Garden Burger on a Bun with Lettuce, Tomato, and Mayo Roasted Potatoes Cucumber Salad Fresh Melon	6 Penne and Meatballs Breadstick Salad with Italian Dressing Jello Cup	7 Glazed Salmon over Rice Prince William Vegetables Fresh Apple Rainbow Sherbet
10 Ground Beef Taco Salad with cheddar, corn, salsa, and sour cream Tortilla Chips Fresh Apple	11 Vegetarian Chili Baked Potato with Cheese and Sour Cream Broccoli Peach Cup	12 Pork Loin with Gravy Pasta Salad Corn Cobette Brussels Sprouts Fresh Apple	13 Breaded Pollock on a Bun with Tartar Sauce Roasted Potatoes Zucchini Fresh Orange Cream Puffs	14 BBQ Chicken Breast Roasted Sweet Potatoes Corn Cobette Dinner Roll with Butter Mandarin Oranges
17 Chicken Wrap with Lettuce, Tomato, Cheddar Cheese, and Ranch Dressing Broccoli Salad Fresh Banana	18 Sloppy Joe on a Bun Peas & Carrots Mixed Fruit Cup Ice Cream Cup	19 Cobb Salad with tomato, cucumber, chicken, egg, avocado, cheddar, and ranch dressing Dinner Roll With Butter Fresh Kiwi	20 Chicken Sausage over Pasta with Peppers and Onions Broccoli Fresh Melon	21 <i>Salute to Seniors</i> Pub Burger with condiments on a bun Macaroni Salad Fruit Cup Juice Ice Cream Treat
24 Stuffed Shells with Sauce Breadstick Broccoli Fresh Orange	25 BBQ Pulled Pork on a Bun Cole Slaw Spinach Fresh Apple Jello Cup	26 Chicken with Mushroom Gravy Mashed Potatoes Green Beans Pear Cup Chocolate Marble Ice Cream Cup	27 Chicken Patty on a Bun with Lettuce and Mayo Peas & Carrots Mandarin Oranges	28 Ham and Cheese Quiche Hashbrown Patty Italian Blend Vegetables Fresh Apple
31 Tilapia al Forno (Tilapia with bread crumbs) Pasta in Sauce Zucchini Watermelon	1 Greek Chicken Salad With cucumber, tomato, red onion, feta, tzatziki, and Italian dressing Pita Bread Mixed Fruit Cup Fig Newton Bar	2 Macaroni and Cheese Stewed Tomatoes Broccoli Fresh Apple	3 Meatball Sub with Sauce and Cheese on a Roll Cole Slaw Green Beans Mixed Fruit Cup	4 Sweet and Sour Shaved Pork over Rice Stir Fry Vegetables Fresh Banana

Menu subject to change. Contact your local Senior Center Meal Site for updates and specialty meal changes.

All meals served with milk (1% or Fat-Free Chocolate) and fortified juice

Certified by Michelle Koch Blood, RD - 6/11/2026