

# Nutrition Menu

## June 2019

| Mon   | Tue   | Wed   | Thu  | Fri  |
|---|---|---|--|--|
| <p><b>Write your choice of menu option <u>A or B</u> on sign up sheet</b></p>   | <p><b>Call <u>419-242-9511</u> 24 hrs. in advance to make a reservation</b></p>   | <p>Senior Centers Inc.<br/>2308 Jefferson Ave.<br/>Toledo, OH 43604</p>   |   |  |
| <p><b>3</b><br/>A- Meatloaf<br/>B- Pineapple Chicken<br/>Cheesy potatoes<br/>Green beans<br/>Dinner roll<br/>Fresh fruit</p>    | <p><b>4</b><br/>A- Chicken Rice Cass<br/>B- Creole Steak<br/>Baby carrots<br/>Broccoli, Cauliflower<br/>Roll<br/>Butterscotch pudding</p>             | <p><b>5</b><br/>A- Beef Taco Pie<br/>B- Chilaquiles<br/>Mexican Rice<br/>Stewed Tomatoes<br/>Tortilla<br/>Fresh fruit</p>                     | <p><b>6</b><br/>A- Chicken Patty<br/>B- Turkey Ham/<br/>white beans<br/>Sweet Potato<br/>Mix Vegetables<br/>Multi grain bread<br/>Choc chip cookie</p> | <p><b>7</b><br/>A- Pork Roast<br/>B- Turkey Supreme<br/>Garden Rotini<br/>Cabbage<br/>Roll<br/>Pineapple tidbits</p>                 |
| <p><b>10</b><br/>A- Beef Chili<br/>B- Vegetable chili<br/>Baked Potatoes<br/>Green peas<br/>Breadstick<br/>Pears</p>            | <p><b>11</b><br/>A- BBQ Rib Patty<br/>B- Hamburger patty<br/>Mac &amp; Cheese<br/>Spinach<br/>Hamburger bun<br/>Fruit Cocktail</p>                    | <p><b>12</b><br/>A- Chicken Parmesan<br/>B- Beef Italiano<br/>Rotini &amp; tomatoes<br/>Broccoli<br/>Wheat bread<br/>Peanut butter cookie</p> | <p><b>13</b><br/>A- Turkey breast<br/>B- Swiss steak<br/>Country potatoes<br/>Yellow squash<br/>Wheat roll<br/>Strawberry fluff</p>                    | <p><b>14</b><br/>A- BBQ chicken<br/>B- BBQ Pork<br/>Baked beans<br/>Corn<br/>Hamburger Bun<br/>Fresh fruit<br/>Chocolate pudding</p> |
| <p><b>17</b><br/>A- Meatballs<br/>B- Mushroom Chicken<br/>Garlic Rotini<br/>Summer Vegetables<br/>Wheat roll<br/>Pears</p>      | <p><b>18</b><br/>A- Taco Meat<br/>B- Taco chicken<br/>Cheese/Lettuce/tomato<br/>Mexican Rice<br/>Refried beans<br/>Flour tortilla<br/>Fresh fruit</p> | <p><b>19</b><br/>A- Ham/white beans<br/>B- Veg Bean Stew<br/>Okra/Tomato<br/>Carrots<br/>Dinner roll<br/>Cranapple crisp</p>                  | <p><b>20</b><br/>A- Garlic Chicken<br/>B- Roast Beef<br/>Roasted Potatoes<br/>Green beans<br/>Bread<br/>Fresh fruit</p>                                | <p><b>21</b><br/>A- Turkey ham<br/>B- Pepper Beef steak<br/>Roasted Potatoes<br/>Wheat bread<br/>Lemon pudding</p>                   |
| <p><b>24</b><br/>A- Salisbury steak<br/>B- Honey Mustard<br/>chicken<br/>Potatoes<br/>Green beans<br/>Bread<br/>Fresh fruit</p> | <p><b>25</b><br/>A- Ham Macaroni<br/>Casserole<br/>B- Savory Beef patty<br/>Spinach<br/>Zucchini/tomatoes<br/>Breadstick<br/>Fruit Cocktail</p>       | <p><b>26</b><br/>A- Paprika Chicken<br/>B- Turkey Breast<br/>Mac &amp; Cheese<br/>Italian Vegetables<br/>Bread<br/>Fruited gelatin</p>        | <p><b>27</b><br/>A- Glazed Ham<br/>B- Chicken breast<br/>Chicken Gravy<br/>Succotash<br/>Carrots<br/>Cornbread<br/>Fresh fruit</p>                     | <p><b>28</b><br/>A- Lasagna<br/>B- Spinach lasagna<br/>Mixed Green Salad<br/>Green peas<br/>Texas bread<br/>Apple crisp</p>          |