

June 2019 Monday	Congregate Meal Program Tuesday	Suggested Donation \$2.25 Wednesday	Thursday	Friday
<p>3) Honey Balsamic Chicken w/rice pilaf, green beans, strawberry cup & wheat bread Cal: 636; Sod: 722</p>	<p>4) Potato Pollock w/sweet potato hash, broccoli, cantaloupe, burger roll Cal: 793; Sod: 1107</p>	<p>5) Hot Dog w/mustard, relish, baked beans, coleslaw, mandarin Oranges & hot dog roll <u>Café:</u> Garlic & Rosemary Balsamic Roasted Pork Loin w/roasted potatoes & side salad</p>	<p>6) Chicken Pot Pie w/whipped potatoes, yogurt & juice & multigrain bread Cal: 653; Sod: 922</p>	<p>7) Cobb Salad w/dressing, minestrone soup, crackers, lemon cake & oatmeal bread Cal: 826; Sod: 1165 <u>Café:</u> Zingerman's Famous Ruben w/Rene's cole slaw</p>
<p>10) Teriyaki Chicken Meatballs w/Jasmin rice, mandarin veggie blend, chilled pineapple & snack 'n loaf Cal: 754; Sod: 809</p>	<p>11) Stuffed Shells w/marinara sauced, roasted cauliflower, garden salad, dressing, banana & multigrain bread Cal: 626; Sod: 1240</p>	<p>12) Steak Salad w/sweet potato salad, French dressing, corn chowder, crackers, applesauce & wheat bread Cal: 760; Sod: 832 <u>Café:</u> Tuna Salad Sandwich, chips & a pickle</p>	<p>13) Father's Day Special: BBQ ribs w/baked beans, mac & cheese, peach & blueberry cobbler & white roll Cal: 941; Sod: 935</p>	<p>14) Lemon Citrus Chicken w/whipped red potatoes, fruit compote, Jello & wheat roll. Cal: 614; Sod: 819 <u>Café:</u> Shepard's Pie w/warm crusty roll</p>
<p>17) Meatball Sub (Chix) w/marinara sauce, sweet potato fries, Caesar salad, honey dew & sub roll Cal: 751; Sod: 1366</p>	<p>18) Turkey w/gravy whipped potatoes, peas, chocolate cake & dinner roll Cal: 760; Sod: 1144</p>	<p>19) Rib-Q w/BBQ Sauce, roasted butter-nut squash, green beans, pineapple & multi-grain bread Cal: 652; Sod: 769 <u>Café:</u> Thanksgiving Turkey Sandwich (homemade roasted turkey w/cranberry & stuffing)</p>	<p>20) Egg Salad w/potato salad, tomato Florentine soup, crackers, pears & hot dog roll Cal: 633; Sod: 1196</p>	<p>21) Chicken Fajita, rice w/beans, corn, vanilla pudding & whole grain tortilla. Cal: 847; Sod: 697 <u>Café:</u> Cheese Lasagna w/garlic bread</p>
<p>24) Salmon w/dill sauce, whipped potato, spinach salad, dressing, brownie & multigrain bread Cal: 977; Sod: 819</p>	<p>25) Tarragon Chicken Salad w/dittalini pea salad, tomato & cuke salad, cantaloupe & hot dog roll Cal: 795; Sod: 886</p>	<p>26) Lasagna w/marinara sauce, broccoli, kale & white bean soup, crackers, fresh fruit & oatmeal bread Cal: 711; Sod: 874 <u>Café:</u> Cornucopia Salad w/roll</p>	<p>27) BBQ Chicken w/rustic cut sweet potatoes, garlic spinach & kale, applesauce & snack n loaf Cal: 738; Sod: 1088</p>	<p>28) Hamburger w/ketchup, red bliss potatoes, summer squash blend, yogurt & juice & whole wheat roll. Cal: 807; Sod: 668 <u>Travel Chef:</u> Sundae Bar. Please note: In order to purchase the sundae you must also sign up for lunch. Reservations by Thursday, June 27th at 10am please. <u>Café:</u> Cheese Steak Sub w/chips</p>