


# June 2023 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SERVING SIZES</b>  <b>Grains – 2 ounces</b>  <b>Vegetables – ½ cup</b>  <b>Fruits – ½ cup</b>  <b>Protein – 3 ounces</b>  <b>Dairy – 1 cup</b></p>		<p><b>\$3.00</b> Suggested Donation            Please call the dining room            24 hours in advance</p> <p><u>All menu items may contain            nuts, seeds, beans, wheat            bran, and other allergens</u></p>	<p>1 Vegetable soup            Honey baked chicken thigh            Sweet potato/ Peas &amp; carrots            Snowflake roll / Fruit</p> <p>Chef salad</p>	<p>2 Chopped salad            Sausage &amp; pepper sandwich            Pasta salad / Ww roll            Cake</p> <p>Chicken sandwich</p>
<p>5 Chicken soup            Baked spag. w/meat sauce            Roasted broccoli &amp; carrots            Multi grain roll / Pudding</p> <p>Chef salad</p>	<p>6 Roasted cauliflower soup            Sweet &amp; sour pork            Greek rice pilaf / Green beans            Fruit / Sliced multi grain bread</p> <p>Seafood salad on wheat bread</p>	<p>7 Greek cucumber salad            Pepper steak            Rice pilaf w/ mushrooms            Mixed veg. / Roll            Oatmeal raisin cookie</p> <p>Ham &amp; cheese club</p>	<p>8 Minestrone soup            Stuffed chicken breast w/            gravy            Au gratin potatoes            Baby carrots / Roll / Cake</p> <p>Turkey on wheat</p>	<p>9 Cream of broccoli soup            Meatball sandwich            Green bean salad            Roasted potato / Ww roll            Jello</p> <p>Egg salad sandwich</p>
<p>12 Chicken soup            Sweet &amp; sour meatball            Fried rice / /3 – bead salad            Roll (whole wheat)            Chocolate chip cookie</p> <p>Grilled veg salad w/chicken</p>	<p>13 Escarole bean &amp; saus. soup            Honey glazed chicken breast            Roasted potato            Italian mixed veg.            Mixed fruit / roll</p> <p>Tuna salad plate</p>	<p>14 Vegetable soup            Baked rigatoni w/mini            meatballs            Zucchini / Roll            Fruit salad</p> <p>Roast beef on a ww roll</p>	<p>15 <b>HAPPY BIRTHDAY! CUP-            CAKE</b> / Tomato soup            Smoked BBQ Pork loin            Corn on the cob            Roasted potato - roll / Cake</p> <p>Spinach salad w/ chicken</p>	<p>16 Portuguese kale soup            Chicken cacciatore            Roasted potato            Green beans / Ww roll - Fruit</p> <p>Ham &amp; cheese on rye</p>
<p>19</p> <p><b>PECK CENTER            CLOSED FOR            HOLIDAY</b></p>	<p>20 Mushroom barley soup            Roasted pork w/peppers &amp; ap-            ples            Parsley potatoes / Roll            Jello</p> <p>Egg salad on multi grain roll</p>	<p>21 Tossed salad            Pub burger w/ cheese            Baked beans / Pasta salad            Watermelon - roll</p> <p>Hot dog w/roll</p>	<p>22 Minestrone Soup            Beef casserole over cheesy            buttered noodles            Roasted broccoli &amp; cauli.            Lorna doone cookie -ww            bread</p> <p>Chicken salad sandwich</p>	<p>23 Fresh fruit w/ cottage            cheese            Braised beef brisket            Roasted potato salad            Cole slaw / Ww roll</p> <p>Chicken salad plate</p>
<p>26 Vegetable soup            Meatball stroganoff            Mashed pot. / Peas &amp; onions            Whole Wheat roll - cookie</p> <p>Turkey &amp; Swiss/whole wheat</p>	<p>27 Tossed salad            Fruit cup            Beef stew / Ww roll            Jello</p> <p>Italian grinder</p>	<p>28 Chicken Soup            Chicken Francese            Spanish Rice / Green Beans            Sliced bread / fruit</p> <p>Turkey &amp; Swiss on rye</p>	<p>29 Tomato Soup            Shepards pie / Mashed pot.            Ww roll / pudding</p> <p>Seafood Salad plate</p>	<p>30 Lentil &amp; bean soup            Open turkey sandwich w/ gry            Stuffing / Cole slaw            Fruit</p> <p>Chef salad</p>