MEALS ON WHEELS June 2018 MENU Please contact Debbie at 651-653-3123

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
CHOICE MEALS can be ordered 2 wks prior by calling 651-653-3123 and are listed in Green box	**CHOICES FOR JUNE** **1. Roast Turkey** **2. Breakfast Hash** **3. Chicken Parmesan** **4. Roasted Pork Loin**			1 **Southwest Rice Bowl** Spanish Rice, Fajita Chicken, Black Beans Baby Carrots Fruit Cup Ranch Dressing	2 **Chicken Alfredo**	3 **Beef Pot Roast**
4 **Cheeseburger** Cheddar Cheese Baked Beans, WW Bun Ketchup & Mustard Rice Crispy Treat	5 **BBQ Pork** Cheese Cauliflower Peach Crumble Potato Chips, Apple Slices, Dinner Roll **ALT:** BBQ Chicken	6 **French Toast** Turkey Sausage Hashbrowns Ketchup, Maple Syrup, Applesauce	**Beef Goulash** Macaroni Noodles Cheesy tomato sauce, Carrots in herb butter, Mixed Fruit, Choc. Chip cookie	8 **Lemon baked Pollock,** Rice pilaf Peas & carrots Dinner roll Lemon Cake **ALT:** Lemon Chicken	9 **Beef Sloppy Joe**	10 **Chicken Stir Fry**
11 **Olive Garden Lunch** **Fettucini Alfredo** **Italian Salad** **Warm breadsticks** **Chocolate Mint Beverage**	12 **Roasted Turkey** Mashed potatoes & gravy Succotash Zucchini Muffin Fruit Cup	13 **Raspberry Chicken** Roasted potatoes Garlic Green beans Dinner roll Oatmeal cranberry cookie	14 **Teriyaki Pork Loin** Brown Rice Ginger Glazed broccoli Sesame Carrot Slaw Mandarin oranges Fortune cookie **Alt:** Teriyaki Chicken	15 **Beef Nachos** Onions & peppers Black beans Cheddar Cheese Sour cream Pineapple chunks	16 **Roast Turkey**	17 **Shepherd's Pie**
18 **Chicken Parmesan** Spaghetti noodles Marinara sauce Balsamic green beans Garlic Toast Mixed Fruit cup	19 **Sloppy Joe** Roasted Potato Carrots Whole Wheat Bun M & M Cookie	20 **Chicken & Dumplings** Chicken Gravy Vegetable Blend Sliced Apples Butterscotch Blondie	21 **Pork Sausage & peppers** Tomato sauce, Cheesy Polenta, Rosemary buttered zucchini Sugar Cookie **ALT:** Beef sausage	22 **Cheesy Egg Bake** Asparagus & Feta Poached Pear Crumble Fruit Cup Dinner Roll	23 **Beef Meatballs**	24 **Veggie Lo Mein**
25 **Enchilada Bake** Fajita Chicken Enchilada Sauce Pepper & Onions Creamed Corn Rice Pudding	26 **Dill Roasted Pollock** Roasted potatoes Lima Beans Dinner roll, Diced pears, Tartar sauce **Alt:** *Dill* Chicken	27 **Beef Salisbury Steak** Mashed potatoes Onion Gravy Buttered Carrots Wheat Dinner Roll Fresh Fruit Salad	28 **Spaghetti & Meat sauce** Mixed Vegetables Garlic Toast Fruit Cup Butterscotch pudding	29 **Chicken & Wild Rice** Creamy Spinach sauce, Sweet Peas Mixed Veggies Romaine Salad Choc. Chip Cookie	30 **Chicken Parmesan**	July 1 **Tator Tot Hotdish**