June 2022

Mon	Tue	Wed	Thu	Fri
Juneteenth is a federal holiday in the United States commemorating the emancipation of enslaved African-Americans. It is also often observed for celebrating African-American culture. Originating in Galveston, Texas, it has been celebrated annually on June 19 in various parts of the United States since 1865.		1 Beef & Rice Burrito Salsa, Guacamole Sour Cream Cucumber Tomato Salad Sautéed Cinnamon Apples	2 Lemon Pepper Baked Cod Potatoes Au Gratin Pineapple Upside Down Cake	3
6 Spaghetti w/Beef Green Beans Garlic Bread Pears	7 Swiss Cheese Burger Lettuce & Tomatoes Sweet Potatoes Fries Mixed Berries	8 Pork Tenderloin Bake Spinach Butternut Squash Grapes Oatmeal Cookies	9 Vegetable Lasagna Green Beans Sautéed Cinnamon Apples	10
13 Chefs Salad w/Turkey Cheese & Egg Beans & Peas Breadsticks Peaches	14 Salisbury Steak w/Gravy Mashed Potatoes Sautéed Spinach Fig Newton	15 Chicken Fajita w/ Bell Peppers & Zucchini Rice Salsa, Guacamole Sour Cream	16 Lime Fish Zucchini Linguine Strawberry & Rhubarb Compote	17
20 No Meals Served Senior Center Open 	21 Pasta Salad Bacon and Veggies Hard Boiled Egg Mandarin Oranges Lemon Bar	22 Beef Macaroni and Cheese Brussel Sprouts Wheat Roll Strawberries	23 Beef Chili Con Carne Sautéed Carrots Spinach Cornbread Pears	24
27 Beef & Pepper Steak Brussel Sprouts Pound Cake with Strawberries Whip Cream	28 Honey Dijon Chicken Potatoes Beets Peaches	29 Pork Soft Tacos Mexicali Veggies Rice Salsa & Sour Cream Banana	30 Chinese Chicken Salad Wheat Roll Pears	

No Friday Meals

Catholic Community Services Senior Nutrition Program

This Menu is subject to change | Consuming Mishandled Leftover Food May Increase Your Risk of Food Borne Illness.