

## **Catholic Community Services Senior Nutrition Program**

2023

Mon	Tue	Wed	Thu	Fri
		JUNE S NATIONAL OSE MONTH	1 Sweet & Sour Pork Vegetables Rice Fortune Cookie Ice Cream	2
5 Beef & Rice Burrito Salsa, Guacamole Sour Cream Cucumber Tomato Salad Sautéed Cinnamon Apples	6 Chicken Salad Sandwich Strawberry Spinach Salad Mixed Berries Whip Cream	7 Pork Tenderloin Bake Spinach Butternut Squash Grapes Oatmeal Cookies	8 Oven Fried Chicken Green Beans Roasted Potatoes Wheat Rolls Orange	9
12 Salisbury Steak W/ Gravy Mashed Potatoes Sautéed Spinach Fig Newton	13 Macaroni & Cheese Brussel Sprouts Wheat Roll Strawberries	14 Chicken Fajita W/ Bell Peppers & Zucchini Rice Salsa, Guacamole, Sour Cream	15 Swiss Cheese Burger Lettuce & Tomatoes Sweet Potatoes Fries Mixed Berries	16
19 Senior Center Open  JUNETER NO MEALS SERVED	20 Beef & Pepper Steak Brussel Sprouts Pound Cake W Strawberries Whip Cream	21 Lemon Pepper Cod Potatoes Au Gratin Pineapple Upside Down Cake	22 Omelet Sausage Patty Hashbrowns Honey Dew Melon Apple Juice	23
26 Pork Soft Tacos Mexicali Veggies Rice Salsa & Sour Cream Banana	27 Honey Dijon Chicken Potatoes Beets Peaches	28 Chefs Salad W/ Turkey Cheese & Egg Beans & Peas Breadsticks Peaches	29 Lime Fish Zucchini Linguine Strawberry Rhubarb Compote	30