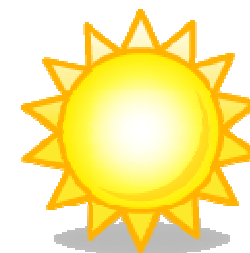




**MEALS  
ON WHEELS**  
*Working together to Feed more*

# JUNE 2010 Main Meal Menu

Approved by: Colleen T. Keller, R.D.



Monday	Tuesday	Wednesday	Thursday	Friday
	1] BBQ Chicken Corn Pudding Seasoned Spinach Apple Pie	2] <u>COLD PLATE</u> Salmon Pasta Salad Green Pea Salad Citrus Gelatin Fruit Salad Strawberry Yogurt	3] Smothered Pork Chops Cuban Beans & Rice Seasoned Green Beans Fruit Whip	4] <u>COLD SANDWICH PLATE</u> Roast Beef & Cheddar Sandwich Pickled Beets Betty's Potato Salad Mandarin Oranges
7] Breaded Filet of Fish Honey Glazed Carrots Seasoned Lima Beans Pudding	8] Savory Meatloaf Sautéed Greens Peach Berry Cobbler Tossed Salad with Ranch	9] Oven Fried Chicken Creamy Macaroni & Cheese Capri Vegetable Medley Fresh Orange	10] <u>COLD PLATE</u> Egg Salad Plate Redskin Potato Salad Summer Refresher Gelatin Fruit Pie	11] Brown Sugar Glazed Ham Spoon bread Sautéed Cabbage Apricot Halves
14] Country Steak with gravy Parslied New Potatoes Spring Vegetable Medley Peach Crisp	15] <u>COLD PLATE</u> Chicken Salad Plate Vegetable Slaw Magic Layers Strawberry Gelatin Fresh Apple	16] Cheeseburger Pie Corn Buttered Spinach Tossed Salad with Ranch	17] Roast Turkey with gravy Cornbread Dressing Old Fashioned Green Beans Sweet Potato Pie	18] <u>COLD PLATE</u> Tuna Salad Plate Southern Macaroni Salad Cherry Berry Salad Fresh Orange
21] <u>COLD PLATE</u> Ham Biscuits & Deviled Egg Old Fashioned Potato Salad Green Bean Salad Peaches Pound Cake	22] Macaroni & Cheese Stewed Tomatoes & Okra Sautéed Summer Squash Fresh Banana	23] Filet of Fish Creole Yellow Rice Pilaf Cauliflower with brown butter sauce Cherries Jubilee	24] BBQ Beef Baked Beans Spiced Apples Coleslaw Sandwich Roll	25] Boneless Oven Fried Chicken Yellow Squash Casserole Buttered Peas Tossed Salad with Italian
28] Hamburger Steak with Mushroom gravy Scalloped Potatoes Lemon Buttered Broccoli Applesauce	29] BBQ Chicken Corn Pudding Seasoned Spinach Apple Pie	30] <u>COLD PLATE</u> Salmon Pasta Salad Green Pea Salad Citrus Gelatin Fruit Salad Strawberry Yogurt		

Meal includes 1% milk or 100% fruit juice. Fruits are unsweetened. Bread includes 1 pat of butter.

Menu may change without notice