

JUNE HOT MEAL MENU

MONDAY			THURSDAY	FRIDAY
6.2 Penne Pasta w/ Meat Sauce Peas Fresh Cantaloupe Waffle Graham Cookie	6.3 Lemon Pepper Flounder w/ Tartar Sauce Carrots Roasted Baby Bakers Split Top Roll	6.4 Chicken Po Boy w/ Lettuce & Tomato on French Bread Garden Vegetable Soup Fresh Mixed Fruit	6.5 Beef Italian Sausage Baked Beans Zucchini Biscuit Tropical Fruit Cup	6.6 Oven Fried Chicken Seasoned Greens Spiced Peaches Split Top Roll
6.9 BBQ Pulled Pork Mashed Potatoes Capri Vegetable Blend Split Top Roll Applesauce	6.10 Philly Cheesesteak w/ Provolone Cheese, Peppers & Onions on a Whole Grain Roll Broccoli Fresh Fruit Cup	6.11 Personal Cheese Pizza Side Salad Garbanzo Beans Fresh Watermelon Ice Cream <div data-bbox="1171 613 1304 716" data-label="Image"> </div>	6.12 Tuna Salad on a Croissant w/ Tomato Minestrone Soup WG Crackers Diced Peaches	6.13 Chicken Tenders Roasted Baby Bakers 3 Bean Salad Split Top Roll Fresh Orange Roll Honey Mustard Sauce
6.16 Pot Roast w/ Gravy Mashed potatoes Capri Vegetable Blend Split Top Roll Applesauce	6.17 Bean Burger w/Cheddar Cheese on Hamburger Bun Tater Tots Fresh Peach Guacamole	6.18 Ground Beef Tacos on a Tortilla w/ Salsa, Lettuce & Sour Cream Brown Rice Fresh Watermelon	<div data-bbox="1350 735 1629 1036" data-label="Image"> </div>	6.20 No Meal Service City Fare Closed
6.23 Herb Baked Chicken w/ Gravy Italian Vegetable Blend Brown Rice Spiced Pears	6.24 Ham & Cheese Sandwich w/ Lettuce & Tomato on Marble Rye & Mayo Wedding Soup WG Crackers Fresh Tangerine	6.25 Salmon Broccoli Mashed Potatoes Applesauce Split Top Roll <div data-bbox="1150 1057 1293 1195" data-label="Image"> </div>	6.26 Spaghetti & Meatballs Salad w/ Tomatoes & Cucumbers White Wheat Bread Fresh Pear	6.27 Breaded Chicken Sandwich w/ Pickles Green Bean Salad Tater Tots Fresh Pineapple Mayo
6.30 Ham w/ Scalloped Potatoes Carrots Hawaiian Roll Peach Cobbler		All Meals served w/ 1% Milk Suggested minimum donation of \$3.00 for members 60+. People under the age of 60 must pay \$7.00 Orders must be placed by 12:30 the day prior and may not be cancelled the day of service. Phone: 302.762.2050 sellersseniorcenter@verizon.net		