



CONGREGATE MEAL MENU June 2023



June 5

Cowboy Hamburger
Baked Beans
Sauteed Mushrooms
& Onions
Whole Wheat Bun
Tangerine

June 6

Creole Beef w/Tomato
& Onion Sauce
Barley
Broccoli & Cauliflower
Italian Bread
Peaches

June 7

Cabbage Roll
Whipped Potatoes
Carrot Coins
w/Parsley
Little Debbie
cupcake



June 1

Lemon Pepper Cod
Macaroni & Cheese
Stewed Tomatoes
12 Grain Bread
Fuji Apple

June 2

Chicken Breast w/
Lemon Cream Sauce
Gourmet Potatoes
Peas w/Pearl Onions
Honey Wheat Bread
Orange

June 8

Chicken Breast
w/Gravy
Potatoes w/Chives
& Parsley
Midori Blend
Honey Wheat Bread
Strawberry Fruit &
Grain Bar

June 9

4-Cheese Ziti
Summer Squash &
Yellow Beans
12 Grain Bread
Banana

June 12

White Bean, Turkey
& Corn Chili
Cooked Baby Carrots
Brown Rice
Italian Bread
Pineapple &
Mandarin Oranges

June 13

Open Face Meatloaf
Sandwich w/Gravy
Roasted Potatoes
Cauliflower, Carrot
Coins & Red Peppers
12 Grain Bread
Tropical Fruit Mix

June 14

Chicken Divan
w/Egg Noodles
Broccoli Spears
Whole Wheat
Dinner Roll
Apple

June 15

Roast Beef
Cabbage
w/Caraway Seeds
Whipped Horseradish
Potatoes
Dark Rye Bread
Pears

June 16

Tuna Noodle
Casserole w/Peas
Stewed Tomatoes
Honey Wheat Bread
Banana

June 19

Beef Tips w/Gravy
Barley
Orange Glazed
Carrots
Whole Wheat Bread
Pineapple &
Mandarin Oranges

June 20

Turkey Breast
w/Gravy & Stuffing
Cranberry Sauce
Broccoli
Pears
Fig Newtons

June 21

Stuffed Pepper
Garlic Whipped
Potatoes
Yellow Beans
Italian Bread
Apple

June 22

Baked Cod
w/Dill Sauce
Au Gratin Potatoes
French Cut Green Beans
Multi-Grain Bread
Orange
Fruit & Grain Bar

June 23

Pork Loin
w/Mustard Glaze
Yams w/Brown Sugar &
Margarine
Brussels Sprouts
Dinner Roll
Applesauce

June 26

Beef Meatballs
w/Teriyaki Sauce
Scalloped Potatoes
Broccoli
Dinner Roll
Apricots

June 27

Chicken Patty
w/Mozzarella Cheese
& Marinara
Peas w/Pearl Onions
Italian Bread
Tangerine

June 28

Stuffed Cabbage
Garlic Whipped
Potatoes
Carrot Coins
Wheat Bread
Peach Cuts

June 29

Roast Beef w/Gravy
Brown Rice
Beets
Multi-Grain Bread
Orange
Graham Crackers

June 30

4-Cheese Baked Ziti
w/Marinara Sauce
Cooked Spinach
Rye Bread
Banana

All meals include a choice of milk. Menus are subject to change if necessary due to supply and/or emergency. **In particular, there is a current shortage of turkey products; those meals may need to be substituted with chicken when necessary.**

Please be advised that food served may contain one of the following ingredients: milk, egg, fish (cod, tilapia), crustacean shellfish (crab, shrimp), tree nuts (almonds, pecans, walnuts), wheat, peanuts, soybeans.

