

## Center Region Active Adult Center Menu - June 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Meatball Sandwich w/Sauce & Cheese Parmesan Potatoes French Style Green Beans Fresh Citrus Fruit Hoagie Roll	Egg Salad Sandwich Lettuce/Tomato Pasta Florentine Soup w/crackers Sunset Peaches White Bread
5	6	7	8	9
Open Faced Hot Roast Beef Sandwich w/Mozzarella Cheese Mashed Potatoes Mixed Vegetables Fresh Fruit White Bread	Cheeseburger Lettuce/Tomato Creamy Tomato Soup Fresh Seasonal Fruit Wheat Sandwich Roll K/M/O	Grilled Chicken Salad w/Cheese, Ranch Dressing Mixed Greens w/Tomato, Carrots & Red Cabbage Fresh Fruit Biscuit w/Butter & Apple Butter	Baked Salmon Fillet w/Cream Sauce Wild Rice Baby Carrots Pineapple Tidbits & Cherries Blueberry Muffin	Beef & Cheese Lasagna w/Marinara Sauce Summer Beet Salad Mandarin Oranges in Orange Jello Breadstick
12	13	14	15	16
<b>HOT DOG BAR AND PASTA SALAD \$4.00</b>	Chicken Parmesan w/ Sauce & Cheese Penne Pasta w/Sauce Tossed Salad w/Tomato, Carrots & Red Cabbage Fresh Melon Italian Bread	BBQ Pork Ribette Sweet Potato Bites Mixed Vegetables Apricots Corn Drop Biscuit	Turkey Club Sandwich Lettuce & Tomato Navy Bean Soup Fresh Fruit Multi-grain Low Carb Bread (2)	Potato Crusted Fish Mac & Cheese Tossed Salad Green Beans Oatmeal Cookies Dinner Roll
19	20	21	22	23
Baked Cube Steak w/Onion Gravy Baked Potato w/S. Cream Tossed Salad Bread & Raisin Pudding	Chicken Salad Lettuce/Tomato 3 Bean Salad Jello with Fruit Croissant	Honey Mustard Glazed Pork Loin Mashed Potatoes Braised Cabbage Applesauce	All Beef Hot Dog (K/M/O) Baked Beans Corn Brownie Hot Dog Roll	Mandarin Chicken Salad Mixed Greens w/ Raspberry Dressing Pickled Beets Lemon Pudding
26	27	28	29	30
Chicken & Waffles Broccoli Pepper Slaw Warm Chunky Apples Vanilla Ice Cream	Fish Sandwich Steak Fries Coleslaw Fresh Fruit WW Sandwich Roll	Roast Chicken Thigh w/ Gravy Mashed Potatoes Peas & Onions Sunset Pears WW Bread	Taco Salad w/Dressing Spanish Rice Corn & Black Bean Salad Nacho Chips Apricots	BBO Pulled Pork Sandwich Potato Wedges Coleslaw Warm Peach Crunch WW Sandwich Roll

To reserve your meal, call 231-3076 by 10am the day before you plan to visit

\*Adults age 55-59, the lunch cost is \$4.25 (must be paid in advance)

\*Adults age 60 & over, a donation of \$1.50 per meal is requested to help offset some of the cost.