

June 2018

To access ingredient content, call Senior Resources at 419-898-6459
 REHEATING MEALS: If the tray is still sealed, puncture a hole in section to vent. Heat for 1.5 to 2 minutes.
 Depending on your appliances power level.

Mon	Tue	Wed	Thu	Fri
				1 Sloppy Joes Potato Salad Bacon Ranch Pea Salad Strawberries
4 Vegetable Lasagna Tossed Salad w/Tomatoes Strawberries Garlic Knot	5 Teriyaki Chicken over Rice Glazed Sugar Snap Peas Vegetable Egg Roll Tropical Fruit	6 Swedish Meatballs over Egg Noodles Lima Beans Seven Layer Salad Orange Wedges Wheat Bread	7 Zesty Lemon Turkey Potatoes Romanoff California Blend Peaches Wheat Roll	8 Ham & Sweet Potato Casserole <u>Alt: Baked Chicken</u> Cauliflower Fruit Compote Corn Muffin
11 Chicken Ratatouille over Spaghetti Caesar Salad Mandarin Oranges Wheat Bread	12 Herbed Pork Loin Red Potatoes Buttered Corn Pineapple Wheat Roll	13 Country Fried Steak Mashed Potatoes w/ Gravy Lima Beans Watermelon Wheat Roll	14 Beef Tater Tot Bake Broccoli & Cauliflower Banana Dinner Roll	15 Pepperoni Pizza <u>Alt: Cheese Pizza</u> Three Bean Salad Tossed Salad Fruited Gelatin Breadstick
18 Pepper Steak Brown Rice Sugar Snap Peas Carrot Raisin Salad Cinnamon Applesauce Wheat Bread	19 Braised Pork Chop Potato Medley Broccoli Grapes Wheat Roll	20 BBQ Pork Sandwich Cole Slaw Potato Salad Pears	21 Roast Beef w/Gravy Mashed Potatoes w/Gravy Succotash Apricots Dinner Roll	22 Italian Baked Chicken O'Brien Potatoes Tuscan Vegetable Blend Tropical Fruit Wheat Roll
25 Dijon Chicken Breast Whipped Sweet Potatoes Green Beans Amandine Cantaloupe White Roll	26 Oven Fried Chicken Breast Mashed Potatoes w/Gravy Creamed Corn Strawberries Wheat Roll	27 Chicken Salad on Croissant Potato Salad Pickled Beets Fresh Fruit Cup	28 BLT Sandwich <u>Alt: Turkey Sandwich</u> Dill Pickle Soup Creamy Cucumber Salad Peaches	29 Pot Roast Mashed Potatoes w/Gravy Baby Carrots Orange Wedges Wheat Roll