

Elderly JUNE Menu 2010

Monday	Tuesday	Wednesday	Thursday	Friday
	#65	#58	#24	# 5
	Barbecue 2oz Baked Beans 1/2 c Beets 1/2 c Peaches 1/2 c Bun 1	Steamed Ham 2oz Northern Beans 1/2 cup Cole Slaw 1/2 c Canned Pears 1/2 c Cornbread 1	Chicken/rice casserole 1c Green Beans 1/2 c Glazed Carrots 1/2 c Roll 1	Ham & cheese 2oz Macaroni/ Green Pea Salad 1/2c sliced Tomatoes 1/2 cup Banana 1
#71	#70	#78	#61	#25
Hamburger 2oz Baked Beans 1/2 c Lettuce & Tomato 1/2 c Tropical Fruit 1/2 c Bun 1	Swedish Meatballs 2oz Rice 1/2 cup Broccoli 1/2 cup Pineapple 1/2 cup Texas Toast 1	Breaded Pork Chop 3oz Whole Potatoes 1/2 c Garden Salad 1 c Applesauce 1/2 c wheat bread 1	Beans & Franks 1 cup Greens 1/2 cup Baby carrots 1/2 cup Pears 1/2 cup Cornbread 1	Turkey & cheese 2oz Lettuce/tomato/onion 1/2 c Pork-n-beans 1/2 cup Peaches 1/2 cup Wheat Bread 2
#37	#46	#58	#30	#64
Little smokies 6=2oz. Sweet Potatoes 1/2 cup Green Beans 1/2 cup Pineapple 1/2 cup Roll 1	Spaghetti w/ meat 1 c 2 oz Toss salad 1 cup Tropical Fruit 1/2 cup Texas Toast 1 Fat Free Dressing 1 pkt.	Steamed Ham 2oz Pinto Beans 1/2 cup cabbage 1/2 c Canned Pears 1/2 c Cornbread 1	baked chicken 2oz oriental vegetable 1/2c glazed carrots 1/2 cup jell-O w/fruit 1/2c bun 1	Sloppy Joe 2oz Corn 1/2 c Cole Slaw 1/2 c Banana 1 Bun 1
#13	#9	#26	#95	#85
Grilled Chicken Fillet 2oz Green Peas 1/2 cup Broccoli w/ cheese 1/2 cup Peaches 1/2 cup Bun 1	Hot Dog w/ chili 2oz Baked beans 1/2 cup Cole /slaw 1/2 cup Fresh Orange 1 Bun 1	lemon chicken breast 2oz. Green Beans 1/2 c Augratin Potatoes 1/2c Spiced Apples 1/2 c Roll 1	Vegetable beef soup w/ mix vegetables 1 cup peanut butter 1tbls. Wheqt bread 2 peach slices 1/2 cup cookies 2	Ham & cheese 2oz Pork-n-beans 1/2 cup Apple 1 Wheat Bread 2 Pudding cup 1
#45	#42	#97		
Meatloaf 3oz Mashed Potatoes 1/2 c Green beans 1/2 c Applesauce 1/2 c Roll 1	Beef-a-roni 2oz. Meat 1 c noodles corn w/peppers 1/2 cup Buttered carrots 1/2 cup texas toast 1	Fish Wedge 3oz Pinto beans 1/2 cup Turnip Greens 1/2 cup Sliced apples 1/2 cup Cornbread 1 & birthday cake 1		