


## PENDER ADULT SERVICES MENU - JUNE 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Meat - at least 2 oz Casserole - 6 oz Veg/Fruit - 1/2 c Juice - 6 oz Season with marg or veg oil Bread - 1 each	Approved by:  <i>Kathleen Sedona, RD, RDW</i>		1 Roast Beef Mashed Potatoes/Gravy Baby Carrots Peaches White/Wheat Roll/Margarine 2 % Milk	2 Southwest Salad with Grilled Chicken/Dressing Corn Chips Banana Roll/Margarine 2 % Milk
5 Lasagna Tossed Salad/Dressing  Fruit Cocktail Garlic Knot 2% Milk	6 Baked Cod Red Skinned Potatoes Collard Greens Mandarin Oranges Hushpuppies/Margarine 2 % Milk	7 Mango Glazed Chicken Fried Rice Stir Fried Vegetables Mixed Berries Egg Rolls 2 % Milk	8 Hamburger Sweet Potato Tots Coleslaw Fruit Cobbler Bun (for hamburger) 2 % Milk	9 Tuna Salad on Croissant Tomato Cucumber Salad Orange/Cookie Crackers 2% Milk
12 Herb Baked Chicken Macaroni & Cheese California Mixed Veg Pineapple Tidbits Roll/Margarine 2% Mik	13 Smoked Sausage Pinto Beans Steamed Spinach Tropical Fruit Mix Corn Muffin/Margarine 2 % Milk	14 Popcorn Shrimp Cheese Grits Vegetable Blend Pears Hushpuppies/Margarine 2 % Milk	15 Chicken Tenders Steak Fries Green Peas Strawberries Biscuit/Margarine 2 % Milk	16 Deli Sandwich Potato Salad V-8 Juice Apple Slices/Pudding Bun (for sandwich) 2% Milk
19 Baked Ham Bu. Penne Pasta Summer Squash/Onions Tropical Fruit Mix White/Wheat Bread/Margarine 2 % Milk	20 Mango Glazed Chicken Yam Pattie California Mixed Vegetables Peaches Biscuit/Margarine 2 % Milk	Salisbury Steak Onions/Mushrooms Rice Green Beans Pineapple Tidbits White/Wheat Roll/Margarine 2 % Milk	22 Stuffed Pepper Corn Mixed Fruit Vanilla Pudding White/Wheat Roll/Margarine 2 % Milk	23 Grilled Chicken over Vegetable Salad/Dressing Pasta Salad Fruit Salad Roll/Margarine 2 % Milk
26 BBQ Chicken Rice Lima Beans Cinnamon Applesauce Biscuit/Margarine 2% Milk	27 Krab Cake Macaroni & Cheese Broccoli Seasonal Fruit Roll 2% Milk	28 Meatballs/Gravy Noodles Vegetable Blend Mandarin Oranges White/Wheat Bread/Margarine 2% Milk	29 Turkey Dog Baked Beans Coleslaw Melon Cookie 2% Milk	30 Pimento Cheese Sandwich Tomato Cucumber Salad Potato Salad Orange Juice Cookie 2% Milk