


## PENDER ADULT SERVICES MENU - JUNE 2018

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|--|---|--|
| Meat - at least 2 oz<br>Casserole - 6 oz<br>Veg/Fruit - 1/2 c<br>Juice - 6 oz<br>Season with marg or veg oil<br>Bread - 1 each        | <b>Approved by:</b><br><i>Kathleen Sedoma, RD, LDN</i>  |    |   | 1<br>Southwest Salad with Grilled Chicken/Dressing<br>Potato Salad<br>Grapes<br>Roll/Margarine<br>2 % Milk |
| 4<br>Pork Chop<br>Red Skinned Potatoes<br>Collard Greens<br>Mandarin Oranges<br>Biscuit/Margarine<br>2% Milk                          | 5<br>Baked Cod<br>Hashbrown Patty<br>Coleslaw<br>Whipped Fruit Salad<br>Hushpuppies<br>2 % Milk                   | 6<br>Mango Glazed Chicken<br>Fried Rice<br>Stir Fried Vegetables<br>Pineapple Tidbits<br>Egg Roll<br>2 % Milk                        | 7<br>Hamburger on Bun<br>Sweet Potato Tots<br>Green Beans<br>Fruit Cobbler<br>Bun (for hamburger)<br>2 % Milk | 8<br>Tuna Salad on Croissant<br>Tomato Cucumber Salad<br>Orange/Cookie<br>Crackers<br>2% Milk              |
| 11<br>Chicken Breast/Salsa<br>Fiesta Rice<br>Corn<br>Peaches<br>White/Wheat Roll/Margarine<br>2% Mik                                  | 12<br>Smoked Sausage<br>Blackeyed Peas<br>Spinach<br>Tropical Fruit Mix<br>Corn Muffin/Margarine<br>2 % Milk      | 13<br>Popcorn Shrimp<br>Cheese Grits<br>California Blend<br>Seasonal Fruit<br>Hushpuppies/Margarine<br>2 % Milk                      | 14<br>Chicken and Dumplings<br><br>Baby Carrots<br>Pears<br>Biscuit/Margarine<br>2 % Milk                     | 15<br>Deli Sandwich<br>Corn Chips<br>Three Bean Salad<br>Orange Juice<br>Bun (for sandwich)<br>2% Milk     |
| 18<br>Baked Ham (Low Salt)<br>Bu. Penne Pasta<br>Summer Squash/Onions<br>Tropical Fruit Mix<br>White/Wheat Roll/Margarine<br>2 % Milk | 19<br>Mango Glazed Chicken<br>Rice Pilaf<br>Catalina Mixed Vegetables<br>Peaches<br>Biscuit/Margarine<br>2 % Milk | 20<br>Baked Turkey/Gravy<br>Mashed Potatoes<br>Broccoli<br>Pineapple Tidbits<br>White/Wheat Roll/Margarine<br>2 % Milk               | 21<br>Lasagna<br>Tossed Salad/Dressing<br><br>Mixed Fruit<br>Garlic Breadstick<br>2 % Milk                    | 22<br>Chicken Salad<br>Macaroni Salad<br>V-8 Juice<br>Fruit of Choice<br>White/Wheat Roll<br>2 % Milk      |
| 25<br>Meatballs/Gravy<br>Noodles<br>California Blend Vegetables<br>Mandarin Oranges<br>Biscuit<br>2% Milk                             | 26<br>Turkey Dog<br>Baked Beans<br>Coleslaw<br>Fresh Banana<br>Cookie<br>2% Milk                                  | 27<br>Parmesan Bkd. Chicken<br>Rice Pilaf<br>Tuscan Blend Vegetables<br>Cinnamon Applesauce<br>White/Wheat Roll/Margarine<br>2% Milk | 28<br>Stuffed Cabbage<br><br>Buttered Corn<br>Whipped Fruit Salad<br>Cookie<br>2% Milk                        | 29<br>Pimento Cheese Sandwich<br>Cucumber Salad<br><br>Fruit Cup<br>Yogurt<br>2% Milk                      |