




# Rufty-Holmes Senior Center

## Nutrition Program Menu

### June 2017

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Pepper Steak Supreme Parsley Whole Potatoes Seasoned Carrots Cornbread Apple Milk	<b>2</b> Honey Glazed Chicken Macaroni & Cheese Buttered Spinach Dinner Roll Chilled Fruit Cup Milk
<b>5</b> Beef Tips w/Gravy Pinto Beans Vegetable Medley Wheat Roll Fruit Cup Milk	<b>6</b> Smothered Chicken Seasoned Mashed Potatoes Seasoned Peas Dinner Roll Fresh Orange Milk	<b>7</b> Pinto Beans w/Ham Macaroni & Cheese Seasoned Cabbage Slice Bread Grape Juice Milk	<b>8</b> Hot Dog with Chili Whole Kernel Corn Creamy Coleslaw Bun Fruit Cup Milk	<b>9</b> Salmon Patty w/Ketchup Parsley New Potatoes Turnip Greens Dinner Roll Pudding Milk
<b>12</b> Barbecued Chicken Whipped Sweet Potatoes Seasoned Cabbage Cornbread Fruit Milk	<b>13</b> Swiss Steak w/Tomatoes Seasoned Mashed Potatoes Mixed Vegetables Dinner Roll Pineapple Tidbits Milk	<b>14</b> Barbecued Pork Buttered Spinach Whole Kernel Corn Dinner Roll Assorted Cookies Milk	<b>15</b> Chopped Steak w/Peppers & Brown Gravy Steamed Rice Green Beans Dinner Roll Chilled Fruit Cup Milk	<b>16</b> Braised Pork Chop Pinto Beans Turnip Greens Cornbread Vanilla Pudding Milk
<b>19</b> Fried Fish Parsley Whole Potatoes Coleslaw Dinner Roll Grape Juice Milk	<b>20</b> Chopped Steak w/Brown Gravy Seasoned Peas Seasoned Carrots Wheat Roll Cranberry Juice Milk	<b>21</b> Roast Turkey Cornbread Stuffing Harvard Beets Baked Apples Grape Juice Garnish Cranberry Sauce Milk	<b>22</b> Lemon Pepper Chicken Candied Yams Cauliflower Biscuit Chocolate Pudding Milk	<b>23</b> Beef Tips w/Gravy Pinto Beans Vegetable Medley Dinner Roll Fruit Cup Milk
<b>26</b> Sweet & Sour Chicken Seasoned Mashed Potatoes Broccoli Dinner Roll Assorted Cookies Milk	<b>27</b> Spaghetti & Meat Sauce Italian Vegetables Dinner Roll Pineapple Tidbits Milk	<b>28</b> Chicken & Dumplings Seasoned Carrots Coleslaw Slice Bread Pudding Milk	<b>29</b> Meatloaf Macaroni & Cheese Chef Cut Vegetables Dinner Roll Pineapple Juice Milk	<b>30</b> Country Baked Chicken w/Gravy Seasoned Mashed Potatoes Chef Cut Vegetables Dinner Roll Diced Peaches Milk

**Menu substitutes may occasionally have to be made of equal nutritional value.**

**“USDA is an equal opportunity provider and employer.”**