







June 2018

*HDM to receive Option A.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			 	1 Beef Stroganoff A Russian Dish of beef sauté and sour cream sauce served over noodles.
4 Chicken Milano Chicken with garlic, sun-dried tomatoes and fresh basil.	5 Roasted Pork Loin and Gravy Taste of Home Roasted Pork Loin with gravy	6 Broccoli Beef Sliced steak and broccoli are quickly cooked in a soy-ginger sauce	7 Tuna Salad Sandwich on Artisan Ciabatta Roll	8 Chicken Teriyaki <i>Low Sodium</i> Oven Roasted Chicken, House Made Ginger Teriyaki Sauce, Fresh Green Onion
11 BBQ Pulled Pork Sandwich BBQ Sauce, Pork & Hoagie	12 Chile Egg Puff "A Senior Center Favorite"	13 Asian Sesame Chicken Salad Romaine, Chicken, Won Ton Strips, Mandarin & Asian Sesame Vinaigrette	14 Spaghetti and Meatballs Classic Italian Meal!	15 Kalbi Beef Korean Style Beef Strips stir-fry served over Wild Rice
18 Lemon Herb Chicken Roasted Chicken topped with a lemon herb reduction	19 Shepard's Pie Layered meat, mashed potatoes and vegetables topped with savory gravy	20 Fish Teriyaki <i>Low Sodium</i> Oven Roasted Cod, House Made Ginger Teriyaki Sauce, Fresh Green Onion	21 Sweet and Sour Pork that is smothered in sweet and sour sauce 	22 Napa Almond Chicken Salad Sandwich Apples, Grapes, Chicken, Celery on Wheatberry Bread
25 Pasta Bolognese Seasoned ground beef simmered in fresh tomato sauce	26 Honey BBQ Chicken Oven roasted chicken topped with an in house made honey BBQ sauce	27 Turkey Burger The best burger you'll ever have!	28 Pescado Veracruz Roasted Cod topped with salsa, cheddar cheese and crushed chips	29 <Choice Day> A) Egg Hash with Pork OR B) Liver and Onions