

# June 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Vegetable Lasagna Green Beans Spiced Pears Apple Juice Choice of Bread / Marg. Choice of Milk	4 Lemon Pepper Fish Rice Pilaf Buttered Corn Cinnamon Applesauce Orange Juice Choice of Bread / Marg Choice of Milk	5 Barbeque Chicken Buttered Potatoes Zucchini & Squash Fresh Grapes Biscuit / Marg. Choice of Milk	6 Homemade Meatloaf Mashed Potatoes & Gravy Buttered Peas Fresh Banana Butterscotch Pudding Choice of Bread / Marg. Choice of Milk	7 Glazed Sliced Pork Loin Cooked Cabbage Pineapple Casserole Fresh Fruit Dinner Roll / Marg. Choice of Milk
10 Chipped Beef over Toast Mashed Potatoes Carrot Coins Cottage Cheese Sliced Strawberries Choice of Bread / Marg. Choice of Milk	11 Bone in Pork Chop Roasted Red Skin Potatoes Asparagus Cuts Fresh Orange Marble Cake Choice of Bread / Marg. Choice of Milk	12 Johnny Marzetti Tossed Salad w/ Dressing Butter Beans Blueberry Compote Choice of Bread / Marg. Choice of Milk	13 Chicken Gordon Blue Parsley Potatoes Mixed Vegetables Fresh Apple Dinner Roll / Marg. Choice of Milk	14 Cheeseburger w/ Bun Baked Beans Potato Salad Fresh Banana Choice of Bread / Marg. Choice of Milk
17 Boneless Chicken Wings w/ Ranch Potato Wedges Coleslaw Pineapple Tidbits Choice of Bread / Marg. Choice of Milk  <i>*No meals at our Londonderry Site*</i>	18 Pork Cutlet Sweet Potatoes Brussels Sprouts 100 % Fruit Juice Dinner / Marg. Choice of Milk	19 Beef Pot Roast Mashed Potatoes & Gravy Spinach Fruit Punch Juice Dinner Roll / Marg. Choice of Milk	20 Ravioli w/ Marinara Sauce Winter Blend Spiced Pears Fresh Fruit Garlic Bread / Marg. Choice of Milk	21 Rotisserie Seasoned Chicken Buttered Potatoes Lima Beans Peaches Biscuit / Marg. Choice of Milk
24 Beef Stroganoff Whole Potatoes Creamed Peas Fresh Orange Choice of Bread / Marg. Choice of Milk	25 Macaroni & Cheese Stewed Tomatoes French Green Beans Fresh Fruit Choice of Bread / Marg. Choice of Milk	26 Chef Salad Pickled Beets Apricots Blueberry Muffin / Marg. Choice of Milk	27 Pork Roast Diced Potatoes Buttered Carrots Apple Juice Vanilla Pudding Choice of Bread / Marg. Choice of Milk	28 Sweet & Sour Chicken over White Rice Broccoli Apple Slices Orange Pineapple Juice Choice of Bread / Marg. Choice of Milk

We invite you to join us for lunch at the Guernsey County Senior Center, the Byesville, Cambridge Heights, Cumberland, Londonderry or Pleasant City sites. Lunch is served at 11:30—1:00. If you have any questions about our nutrition services please call Hollia Husk, Nutrition Supervisor at 740-439-5717 or toll free at 1-866-534-2349. Each meal includes a choice of white, wheat, or specified bread and a choice of 2% or Skim Milk.