




June, 2024



MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	4 American Chop Suey Peas and Carrots Garlic Bread Tropical Fruit	5 Orange Juice Omelet with Cheese, Peppers and Onions French Toast Sticks Birthday Cake	6 Homemade Meatloaf with LS Gravy Mashed Potatoes Green Beans and Mushrooms Whole Wheat Bread Yogurt	
	11 Breaded Pollock Waffle Fries Scandinavian Blend Multigrain Bread Mango Pineapple Mix	12 Tossed Salad Ranch Dressing Lasagna with Meat Sauce Italian Blend Veggies Garlic Bread Pudding with Topping	13 BBQ Pork Loin Macaroni and Cheese Carrots Corn Bread Tropical Fruit	
	18 Taco Mix Yellow Rice Fiesta Corn Shredded Lettuce Shredded Cheese Salsa and Sour Cream Tortilla Chips Pineapple	Juneteenth 19 Cranberry Juice Pork with Cranberry Orange Glaze Red Beans and Rice Collard Greens Corn Bread Red Velvet Cake	20 Canceled for Annual Picnic	
	25 Fish Sandwich Potato Wedges Buttered Carrots with Dill Tartar Sauce  Hamburger Bun Tropical Fruit	26 Tomato Florentine Soup Unsalted Crackers BBQ Grilled Chicken Breast Lemon Orzo Mixed Veggies Whole Wheat Roll Clementine	27 Pork with Creamy Garlic Sauce Whole Baked Potato California Blend Veggies Sour Cream Wheat Roll Oreos	



The summer months are BERRY SEASON! Berries are sweet & delicious, but also abundant and cost less in summer. Studies also show that they contain nutrients called *flavonoids* which help to keep our brain cells healthy, retain our cognitive abilities, delay or prevent memory loss and lower the risk of developing Alzheimer's disease. Try to eat strawberries and blueberries at least twice a week!



FOOD ALLERGY WARNING: Please be advised that our food may have come in contact or may contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumption of meals. Thank you!