

# June

# Menu

Please make a donation at [sico.org/aging-adult-services](http://sico.org/aging-adult-services) to help provide meals for seniors. Meals on Wheels menus may vary.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BAKED CHICKEN BRST w/ Shoyu Sauce Rice Pilaf w/ Mushrooms Broccoli Cuts & Florets Seasoned Carrots Seasonal Fruit <b>5</b>	<b>** BIRTHDAY MEAL **</b> MEATLOAF w/ Gravy Whipped Potatoes Stewed Tomatoes Seasonal Fruit Birthday Cupcake <b>6</b>	BRD BKD FISH w/ Tartar Sauce Rst Red Potatoes Country Trio Vegt Peach Cobbler <b>7</b>	TURKEY SALAD Lettuce & Tomato Broccoli Raisin Slaw Deli Bun Strawberries <b>8</b>	CHICKEN AND PENNA PASTA Romaine Spinach Salad Mixed Vegetables Mocha Pudding <b>9</b>
BEEF & BROCCOLI Fried Rice Green Beans Almondine Pineapple Fluff <b>12</b>	TUNA SALAD Lettuce & Tomato Macaroni Salad Deli Bun Seasonal Fruit <b>13</b>	SOUTHWEST OMELET BAKE Rst Red Potatoes Broccoli Cuts & Florets Seasonal Fruit Orange Whip <b>14</b>	BAKED CHICKEN THIGH w/ Vera Cruz Sauce Bell Peppers & Onions Pinto Beans Whole Grain Tortilla Tropical Fruit Cup <b>15</b>	<b>** FATHER'S DAY MEAL **</b> ROAST BEEF w/ Gravy Whipped Potatoes Glazed Carrots Fresh Melon Chocolate Cup Cake <b>16</b>
BBQ PORK RIBBETTE on a Bun Baked Beans Calif Blend Vegt Tapioca Pudding <b>19</b>	KRAB & PASTA SALAD Spinach & Egg Salad Wheat Dinner Roll Seasonal Fruit <b>20</b>	TAMALE PIE Corn Bread Glazed Carrots Seasonal Fruit <b>21</b>	BAKED CHICKEN BRST w/ Orange Glaze Farro w/ Vegetable Steamed Spinach Apple Crisp <b>22</b>	BEEF TOMATO MACARONI Marinated Zucchini Salad Bread Stick Seasonal Fruit <b>23</b>
Chicken & Dumplings Broccoli Cuts & Florets Green Beans Almondine Dumpling Seasonal Fruit <b>26</b>	BEEF PATTY Lettuce & Tomato on a Wheat Bun Am Cheese Slice Baked Potato Wedges Seasonal Fruit <b>27</b>	BAKED CHICKEN THIGH w/ Basil Cream Sauce w/ Bowtie Pasta Calif Blend Vegetables Spinach Romaine Salad Pineapple Nut Cookie <b>28</b>	CHICKEN SALAD Lettuce & Tomato Marinated Kidney Bean Salad Wheat Cracker Fresh Melon <b>29</b>	TURKEY DIVAN BAKE Carrot Cuts Green Peas Lemon Fluff <b>30</b>

All meals served with 8 oz milk and appropriate condiments

**Alternate Meal for June: Chef Salad with Wheat Crackers (Select Senior Centers Only)**  
**Week 1 & 3** – Turkey Breast, Turkey Ham  
**Week 2 & 4** – Chicken Breast  
 Served with Cheese, Egg, Lettuce, Tomato, Bell Pepper, Onion, Carrots & Olives