

JUNE 2022

MON	TUE	WED	THU	FRI
		1 Meatloaf with gravy, mashed potatoes, corn, fruit	2 Baked sesame chicken, roasted veggies, dinner roll, fruit	3 Vegetarian pizza, green beans and cauliflower, green salad, fruit V
6 Krab cake, brown rice, honey glazed carrots, coleslaw, fruit S	7 Vegetarian pizza, green beans and cauliflower, green salad, fruit V	8 Seasoned meatballs, pasta, Italian veggies, green salad, fruit	9 Chef's chicken, pasta salad, swiss chard, green salad	10 Chef's choice fish, wild rice, roasted brussels sprouts, carrot raisin salad, fruit
13 Baked chicken, baked potato, peas and carrots, fruit	14 Beef sloppy joe with onions, celery red bell pepper on sesame bun, broccoli and carrots, fruit	15 Tuna with celery, tomatoes, red onions, whole grain bread, vegetable soup, carrot raisin salad, fruit	16 Mac & Cheese, chef's choice veggies, green salad, egg, fruit V	17 Teriyaki chicken, wild rice, mixed veggies, green salad, fruit
20 Chef's choice fish, brown rice, peas and carrots, golden mandarin salad, fruit	21 Beef lasagna with noodles and cheese, corn, coleslaw, fruit S	22 Chicken pot pie with mixed veggies, green salad, fruit	23 Baked pork chop with mushroom gravy, mashed potatoes, mixed veggies, fruit	24 Minestrone soup, with beef, pasta, green beans, mixed veggies, roll, green salad, fruit
27 Battered fish, couscous, mixed veggies, carrot raisin salad, fruit	28 BBQ sauce chicken, pasta salad, mixed veggies, roll, fruit	29 Broccoli cheddar soup, baked potato, cauliflower, green salad, egg, fruit V	30 Meatloaf with tomato sauce, white rice, corn and red bell peppers, fruit	

V = Vegetarian

S = Salt

