




June Food For All Hot Menu



Monday	Tuesday	Wednesday	Thursday	Friday
				1 TUSCAN SHRIMP PASTA GREEN BEANS AND WAX BEANS BANANA CARAMEL CAKE WHOLE GRAIN ROLL
4 QUICHE LORRAINE WITH BACON POTATOES O'BRIEN PEACH CRISP FRUIT MUFFIN	5 MEATLOAF WITH GRAVY MASHED POTATOES CORN PUDDING STEWED TOMATOES WHOLE GRAIN ROLL	6 BEEF ENCHILADA BAKE CILANTRO RICE APPLE COBBLER WHOLE GRAIN ROLL	7 CHICKEN CACCIATORE SAUTEED SPINACH RICE PUDDING WHOLE GRAIN ROLL	8 SMOTHERED PORKLOIN COLLARD GREENS WARM CINNAMON APPLES CORNBREAD MUFFIN
11 CHICKEN AND RICE CASSEROLE SAUTEED CARROTS WARM CINNAMON APPLES WHOLE GRAIN ROLL	12 HUNGARIAN GOULASH SWEET AND SOUR CABBAGE WARM CINNAMON APPLES WHOLE GRAIN ROLL	13 <i>Father's Day Meal</i> BEEF ROAST WITH GRAVY BAKED YUKON POTATO BRUSSELS SPROUTS WITH BACON COCONUT CREAM CAKE WHOLE GRAIN ROLL	14 <i>Flag Day</i> BEEF STROGANOFF SAUTEED SPINACH POACHED PEARS WHOLE GRAIN ROLL	15 SPINACH AND PEPPER QUICHE VEGETARIAN SAUSAGE PATTY WARM CINNAMON APPLES FRUIT MUFFIN
18 BEEF TIPS AND GRAVY MASHED POTATOES GREEN BEANS AND CARROTS PEACHES AND CREAM BUTTERMILK BISCUIT	19 HERB ROASTED CHICKEN BRUSSELS SPROUTS CHERRY CRISP WHOLE GRAIN ROLL	20 BBQ PULLED PORK POTATOES O'BRIEN CARROT CAKE WHEAT HAMBURGER BUN	21 <i>June Solstice</i> PORK ROAST AND GRAVY MASHED POTATOES CORN, PEAS AND CARROTS RICE PUDDING WHOLE GRAIN ROLL	22 SESAME CHICKEN AND RICE WAX BEAN AND PEPPERS PINEAPPLE UPSIDE DOWN CAKE CHOW MEIN NOODLES
25 CHICKEN PARMESAN PENNE MARINARA BRUSSELS SPROUTS WARM CINNAMON APPLES WHOLE GRAIN ROLL	26 MACARONI AND CHEESE SAUTEED SPINACH OATMEAL CAKE BAKE WHOLE GRAIN ROLL	27 HOMEMADE MEATLOAF MASHED POTATOES STEWED TOMATOES CORN PUDDING WHOLE GRAIN ROLL	28 SMOTHERED PORK LOIN COLLARD GREENS WARM CINNAMON APPLES CORN BREAD MUFFIN	29 BEEF SLOPPY JOES BAKED BEANS CHOCOLATE ZUCCHINI CAKE WHEAT HAMBURGER BUN
				<p>Each meal meets the new A.A.A. approved nutritional guidelines. All meals have between 80-120 grams of carbohydrates. All meals are trans-fat free.</p>
				