


June Kalamazoo CentraCare Menu



Monday	Tuesday	Wednesday	Thursday	Friday
				1 TUSCAN SHRIMP PASTA GREEN AND WAX BEANS BANANA CARAMEL CAKE WHOLE GRAIN ROLL
4 QUICHE LORRAINE WITH BACON POTATOES O'BRIEN FRESH CUT FRUIT FRUIT MUFFIN	5 BEEF ENCHILADA BAKE CILANTRO RICE APPLE COBBLER SHREDDED LETTUCE AND TOMATO TORTILLA CHIPS	6 CHEESEBURGER LETTUCE TOMATO AND ONION OVEN BAKED FRIES AMBROSIA SALAD KAISER ROLL	7 CHICKEN CACCIATORE PASTA WITH HERBS AND CHEESE BERRIES AND CREAM WHOLE GRAIN ROLL	8 ROASTED PORKLOIN STEAMED BROCCOLI APPLE PIE WHOLE GRAIN ROLL
11 PICNIC IN THE PARK BOX LUNCHES	12 HUNGARIAN GOULASH TOSSED SALAD WITH DRESSINGS CHEESE CAKE WITH STRAWBERRIES WHOLE GRAIN ROLL	13 <i>Father's Day Meal</i> BEEF ROAST WITH GRAVY BAKED YUKON POTATOES BRUSSELS SPROUTS WITH BACON COCONUT CREAM CAKE WHOLE GRAIN ROLL	14 <i>Flag Day</i> BEEF STROGANOFF TOSSED SALAD WITH DRESSING FRESH CUT FRUIT WHOLE GRAIN ROLL	15 EGG AND CHEESE QUICHE ROASTED RED SKIN POTATOES FRESH FRUIT FRUIT MUFFIN
18 BEEF TIPS AND GRAVY MASHED POTATOES FRESH GREEN BEANS PEACHES AND CREAM BEEF TIPS AND GRAVY	19 PICNIC IN THE PARK BOX LUNCHES	20 BBQ PULLED PORK COLESLAW BAKED BEANS CONFETTI CUPCAKES W/ SPRINKLES WHOLE GRAIN ROLL	21 <i>June Solstice</i> PORK ROAST WITH GRAVY MASHED POTATOES CORN, PEAS AND CARROTS CONFETTI CUPCAKES W/ SPRINKLES WHOLE GRAIN ROLL	22 CHICKEN FRIED RICE STEAMED BROCCOLI FRESH FRUIT WHOLE GRAIN ROLL
25 CHICKEN PARMESAN PENNE MARINARA CEASAR SALAD WARM CINNAMON APPLES WHOLE GRAIN ROLL	26 MACARONI AND CHEESE STEAMED BROCCOLI OATMEAL CAKE BAKE WHOLE GRAIN ROLL	27 HOMEMADE MEATLOAF MASHED POTATOES FRESH GREEN BEANS CORN PUDDING WHOLE GRAIN ROLL	28 CHEESEBURGER LETTUCE TOMATO AND ONION OVEN BAKED FRIES AMBROSIA SALAD KAISER ROLL	29 SLOPPY JOES CHESEY POTATO CASSEROLE APPLE PIE 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>
				