






# Centra Care Kalamazoo June Menu

Monday		Tuesday		Wednesday		Thursday		Friday					
													
<p><b>1</b> VEGETARIAN TACO SALAD COTTAGE CHEESE RED FLAME GRAPES TORTILLA CHIPS SALSA AND RANCH PACKETS</p>		<p><b>2</b> WHITE BEAN AND HAM SOUP CHICKEN SALAD ON WHEAT MELON SLICES WHOLE GRAIN ROLL</p>		<p><b>5</b> HEARTY BEEF STEW TOSSED SALAD / DRESSINGS FRESH SEASONAL FRUIT WHOLE GRAIN ROLL</p>		<p><b>6</b> CHICKEN CACCIATORE GREEN BEANS RICE PUDDING PINEAPPLE CHUNKS WHOLE GRAIN ROLL</p>		<p><b>7</b> CHICKEN AND RICE CASSEROLE SAUTEED CARROTS FRESH CUT FRUIT WHOLE GRAIN ROLL</p>		<p><b>8</b> HERB ROASTED CHICKEN BRUSSELS SPROUTS CHERRY CRISP BUTTERMILK BISCUIT</p>		<p><b>9</b> FRIED TALAPIA COLESLAW FRESH WATERMELON TARTAR SAUCE CORNBREAD MUFFIN</p>	
<p><b>12</b> CHEESEBURGER LETTUCE/TOMATO BAKED BEANS CUCUMBER SALAD STRAWBERRY SHORTCAKE</p>		<p><b>13</b> MACARONI AND CHEESE TOSSED SALAD WITH DRESSINGS OATMEAL CAKE BAKE FRESH CUT FRUIT WHOLE GRAIN ROLL</p>		<p><b>14</b>      <i>Flag Day</i> SMOKED SAUSAGE &amp; SAUERKRAUT BAKED BEANS WITH PEPPERS CHOCOLATE CHERRY COBBLER WHOLE WHEAT BUN</p>		<p><b>15</b> ISLAND CRAB PASTA SALAD FRUIT YOGURT W/ GRANOLA CHICKEN AND WILD RICE SOUP WHOLE GRAIN ROLL</p>		<p><b>16</b> VEGETABLE LASAGNA TOSSED SALAD W/ DRESSINGS BLUEBERRY, CHERRY CRISP WHOLE GRAIN ROLL</p>					
<p><b>19</b> HAM AND CHEDDAR CROISSANT COTTAGE CHEESE COLESLAW PEACH COBBLER W/ ICE CREAM</p>		<p><b>20</b> PESTO RANCH PASTA SALAD ITALIAN SAUSAGE AND KALE SOUP MELON SLICES WHOLE GRAIN ROLL</p>		<p><b>21</b>      <i>June Solstice</i> COUNTRY FRIED CHICKEN MASHED POTATOES / GRAVY SWEET CORN PEACH COBBLER</p>		<p><b>22</b> CHEESEBURGER LETTUCE/TOMATO BAKED BEANS CUCUMBER SALAD STRAWBERRY SHORTCAKE</p>		<p><b>23</b> CHICKEN FLORENTINE PASTA SAUTEED CARROTS FRESH CUT PINEAPPLE WHOLE GRAIN ROLL</p>					
<p><b>26</b> DIRTY RICE W PORK BLACK EYED PEAS CHERRY COBBLER W/ ICE CREAM WHOLE GRAIN ROLL</p>		<p><b>27</b> SPAGHETTI AND MEAT SAUCE TOSSED SALAD FRESH CUT FRUIT WHOLE GRAIN ROLL</p>		<p><b>28</b> CREAMY POTATO SOUP SEASHELL PASTA SALAD FRESH CUT FRUIT WHOLE GRAIN ROLL CUPCAKES WITH CHOCOLATE FROSTING</p>		<p><b>29</b> STUFFED BELL PEPPERS TOSSED SALAD / DRESSINGS FRESH CUT FRUIT WHOLE GRAIN ROLL CUPCAKES WITH CHOCOLATE FROSTING</p>		<p><b>30</b> FRIED TALAPIA FILLET FRIED OKRA COLESLAW FRUIT JELLO PARFAIT CORNBREAD MUFFIN</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.

