

**SENIOR
JUNE
2017**



SERVING SENIORS IN BOONE LEE OGLE WINNEBAGO COUNTIES

To make a reservation in Rockford

815-963-1609
or
1-800-779-1189

RESERVATIONS & CANCELLATIONS CALL BY 10:00 AM THE DAY BEFORE




A United Way Agency



***Choice A only sent to MEALS ON WHEELS CLIENTS**

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 oz. Low Fat Milk served with all lunches. 	REVISED 5/5/2017		1 A.) HOT TURKEY SAND. MASHED POT/GRAVY CARROTS WHEAT BREAD - 2 FRUIT COCKTAIL B.)HAM/CHIX NOODLE	2 CHEESY BEEF TACO FLOUR TORTILLA LETTUCE/TOMATO SPANISH RICE \ BEANS FRESH FRUIT
5 CHICKEN PARMESAN PASTA W/ MARINARA SICILIAN BLEND VEG DINNER ROLL DICED PEARS	6 SAUSAGE GRAVY W \ BISCUIT HASH BROWN POTATO FRUIT JUICE BAKED PEACHES	7 POLISH SAUSAGE SOUR KRAUT POTATO WEDGES BAKED BEANS CHILLED APPLESAUCE HOT DOG BUN	8 A.) HOT HAM & CHEESE AUGRATIN POTATOES SEASON GREEN BEANS WHEAT BUN PINEAPPLE TIDBITS B.) TURKEY/VEGETABLE	9 PEPPER STEAK MASHED POT/GRAVY LIMA BEANS WHEAT BREAD - 2 APRICOTS
12 HAMBURGER PATTY WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES DICED PEARS	13 BBQ CHIX BREAST CHEESY POTATOES SEAS. GREEN BEANS DINNER ROLL JELLO W\FRUIT	14 BAKED PORK CHOP BABY RED POTATOES BROCCOLI TOSSED SALAD/DRSG. DINNER ROLL APPLE CRISP	15 CHEESE OMELETT TURKEY SAUSAGE BLUEBERRY MUFFIN HASH BROWN POT. APRICOTS	16 A) TROPICAL CHIX SALAD DRESSING PC\CROISSANT CUCUMBER SLICES MANDARIN ORANGES PINEAPPLE JUICE B.) CHIX SAL./TOMATO
19 CREAMY CHICKEN W/ PASTA BROCCOLI BAKED APPLES WHEAT BREAD - 1	20 MEATLOAF MASHED POT/GRAVY GLAZED CARROTS DINNER ROLL \ BUTTER APRICOTS	21 BAKED HAM SWEET POTATO GREEN BEANS DINNER ROLL FRUIT COCKTAIL	22 ITALIAN SAUSAGE W\PEPPERS ON BUN RED POTATO WEDGES ITALIAN BLEND VEGGIES DICED PEACHES	23 A.) CRISPY FISH SAND. WHEAT BUN POTATO PANCAKES PEAS PINEAPPLE TIDBITS B.) TURKEY/MINESTRONE
26 MEATBALL SUB PEAS & CARROTS SEAS. POTATO WEDGES MANDARIN ORANGES	27 SWEET/SOUR CHICKEN FLUFFY RICE STIR FRY VEGGIES DINNER ROLL APRICOTS	28 SALISBURY STEAK AUGRATIN POTATOES COIN CARROTS DINNER ROLL SLICED PEACHES	29 CHEESE RAVIOLI W/ MEATSAUCE BRUSSEL SPROUTS CAULIFLOWER GARLIC BREAD APPLESAUCE	30 A.) BRAISED BEEF MASHED POT\GRAVY CORN DICED PEARS WHEAT BREAD -2 B.) TUNA SAL/CHIX RICE