

# JUNE 2010 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken A La King w/ Bow Tie Pasta Broccoli Whole Wheat Bread Graham Cookie	2 Corn Chowder w/ Crackers Tuna Salad Salad Greens/Dressing Rye Bread Applesauce HDM: Carrot Pineapple Salad	3 Roasted Chicken w/ Lemon Mustard Sauce Sweet Potatoes Green Beans Whole Wheat Bread Pineapple	4 Roast Pork w/ Rosemary Gravy Whipped Potato w/ Peas Rye Bread Fruited Gelatin Diet: SF Fruited Gelatin
7 American Chop Suey Spinach 7 Grain Bread Peaches HDM: Carrots	8 Three C Soup w/Crackers Crunchy Potato Fish Wedge Diced Parslied Potato Multigrain Bread Rice Pudding Diet: Rice Pudding	9 Roast Chicken w/ Marsala Sauce Brown Rice Broccoli Italian Bread Fresh Fruit	10 Roast Turkey w/ Gravy Mashed Potato Carrots 7 Grain Bread Oatmeal Cookie Diet: Graham Cookie	11 Meatballs w/ BBQ Sauce Red Bliss Potatoes Zucchini Blend Whole Wheat Bread Mandarin Oranges
14 Cream of Vegetable Soup w/ Crackers Ham Plate Rotini Salad Whole Wheat Bread Fresh Cantaloupe HDM: Broc./Caul. Salad	15 Chicken w/ Teriyaki Sauce Brown Rice and Peas Spinach Rye Bread Graham Cookies	16 Cheese Lasagna w/ Tomato Sauce Italian Green Beans Italian Bread Pears HDM: Beets	17 Salisbury Steak w/ Jardiniere Gravy Mashed Potatoes Carrots Multigrain Bread Chocolate Pudding Diet: Chocolate Mint Pudding	18 Broccoli Bake Garlic/Onion Homefries Stewed Tomatoes Whole Wheat Bread Pineapple
21 Ground Beef Taco Brown Rice/Cheese Chopped Tomato Salad Greens Taco Shell Applesauce © HDM: Green Beans	22 Roast Beef Au Jus Baked Potato Italian Green Beans w/ Red Peppers WW Dinner Roll Brownie Diet: Chocolate Graham	23 Hot Dog Baked Beans Cole Slaw Hot Dog Bun Fresh Orange HDM : Carrots	24 Roast Chicken w/ Apricot Glaze Mashed Potatoes Broccoli Whole Wheat Bread Butterscotch Pudding Diet: SF Butterscotch	25 Breaded Fish Whipped Potatoes Green Beans Whole Wheat Bread Pears
28 Swedish Meatballs w/ Mushroom Gravy Noodles Spinach Multigrain Bread Peaches	29 Baked Ziti Casserole w/ Hamburger Broccoli Whole Wheat Bread Fresh Fruit HDM: Carrots	30 Cream of Broccoli Crackers Chefs Salad/ Dressing 1 oz Tur, 1 oz Chse, 1 Egg Dinner Roll Chocolate Chip Cookie Diet : Graham Cookie HDM : Summer Blend Salad		<b>Littleton Senior Diner is open 9:00 a.m. to 1:00 p.m. Monday - Friday.</b>  <b>Call: Gayle Dalton for Reservations Senior Diner 978-540-2474</b>