|  |  | Meals on Wheels |  |
| :---: | :---: | :---: | :---: |
|  | MON June 3 | WED June 5 | FRI June 7 |
| Drink | Juice | Juice | Juice |
| Meat |  |  |  |
| Choice 1 | Honey Garlic Glazed Chicken | Baked Chicken w Chalet Sauce | Broiled Salmon |
| OR | Scalloped Potatoes | Roasted Potatoes | Mashed Potatoes |
| Choice 2 | Ham | Baked Cod Fillet | Shepherd's Pie |
|  | Scalloped Potatoes | Roasted Potatoes |  |
| Sides | Carrots | Broccoli | Green Beans |
|  | California Vegetables | San Francisco Vegetables | California Vegetables |
| Dessert |  |  |  |
| Choice 1 | Triple Chocolate Fudge Cake | Apple Crumble Square | Assorted Donuts |
| OR |  |  |  |
| Choice 2 | Mandarin Oranges | Crushed Pineapple | Grapes |
|  | MON June 10 | WED June 12 | FRI June 14 |
|  | Juice | Juice | Juice |
| Meat |  |  |  |
| Choice 1 | Crunchy Italian Fish | Meat Lasagna | Crunchy Baked Cod |
| OR | Mashed Potatoes | Whole Wheat Bread | Oven Browned Potatoes |
| Choice 2 | Pork Chop in Mushroom Sauce | Turkey Vegetable Curry | Meatloaf \& Gravy |
|  | Mashed Potatoes | Rice | Oven Browned Potatoes |
| Sides | Brussels Sprouts | Carrots | Peas |
|  | Squash | Green Beans | Beans \& Carrots |
| Dessert |  |  |  |
| Choice 1 | Buttertart Square | Maple Chocolate Mania Cake | Bread Pudding |
| OR Choice 2 | Diced Pear | Apricots | Mango |


|  | Meals on Wheels |  | FRI June 21 |  |
| :---: | :---: | :---: | :---: | :---: |
|  | MON June 17 | WED June 19 |  |  |
| Drink | Juice | Juice | Juice |  |
| Meat | Country Style Fried Chicken | Salisbury Steak \& Gravy | Mediterranean Glazed Haddock |  |
| Choice 1 | Mashed Potatoes | Paprika Potatoes | Mashed Potatoes |  |
| OR |  |  |  |  |
| Choice 2 | Swedish Meatballs | Sole with Lemon Pepper | Oktoberfest Sausage |  |
|  | Egg Noodles | Paprika Potatoes | Mashed Potatoes |  |
| Sides | Broccoli S | San Francisco Vegetables | Spinach Sauteed Pepper \& Onion |  |
|  | Beans \& Carrots | Green Beans |  |  |
| Dessert |  |  |  |  |
| Choice 1 | Iced Banana Cake | Banana Cream Pie | Chocolate Cookie Cheesecake |  |
| OR |  |  |  |  |
| Choice 2 | Honeydew Melon | Mango | Apple Slices |  |
|  | Meals on Wheels |  |  |  |
|  | MON June 24 | WED June 26 |  | FRI June 28 |
| Drink | Juice | Juice |  | Juice |
| Meat ${ }_{\text {D }}$ |  |  |  |  |
| Choice 1 | Honey Garlic Glazed Chicken | Baked Chicken w Chalet Sauce |  | Broiled Salmon |
| OR | Scalloped Potatoes | Roasted Potatoes |  | Mashed Potatoes |
|  |  | Baked Cod Fillet |  |  |
| Choice 2 | Ham |  |  | Shepherd's Pie |
|  | Scalloped Potatoes | Roasted Potatoes |  |  |
|  |  |  |  |  |
| Sides | Carrots | Broccoli |  | Green Beans |
|  | California Vegetables | San Francisco Vegetables |  | California Vegetables |
|  |  |  |  |  |
| Dessert |  |  |  |  |
| Choice 1 | Triple Chocolate Fudge Cake | Apple Crumble Square |  | Assorted Donuts |
| OR |  |  |  |  |
| Choice 2 | Mandarin Oranges | Crushed Pineapp |  | Grapes |

