



Senior Nutrition Program June 2009

Mon	Tue	Wed	Thu	Fri
1 Chicken Burrito Bake Jicama Salad Spanish Rice Fruit	2 Meatloaf Mashed Potatoes Mixed Vegetable Fruit	3 Minestrone Soup Lemon Pepper Fish Apple Coleslaw Roll, Fruit	4 Pork Roast Glazed Carrots Green Salad Corn bread Fruit	5 Baked Chicken Vegetable Blend Roasted Potatoes Mixed Fruit
8 Spaghetti w/ Meat Sauce Green Salad Bread Stick Fruit	9 Tuna Casserole Mixed Vegetable Roll Fruit Salad	10 Meatball Soup Roll Cobb Salad Cake w/ Banana	11 BBQ Chicken Zucchini Tomato Salad, Roll Sweet Potato Fries Fruit	12 Ham Salad Sandwich Macaroni Salad Steamed Broccoli Fruit
15 Cheese Omelet Vegetable Sausage O' Brien Potato English Muffin/ Jam Mixed Melon	16 Chicken Burger Potato Salad Vegetable Sticks & Dip Fruit	17 Bean Soup Spinach Bacon Salad Roll Baked Fruit	18 Seafood Yakisoba Asian Vegetable Fortune Cookie Fruit	19 Happy Birthday Roast Turkey Baked Potato Vegetable Blend Cake w/ Berries
22 Pork Chop Rice Vegetable Blend Fruit	23 Turkey Sandwich Spanish Cabbage Salad Pineapple w/ Coconut	24 Chicken Soup Orange Chicken Salad Roll Berry Crisp	25 Roast Beef Sandwich Pasta Salad Mixed Fruit	26 Fish Burger Spinach Salad Mango Salsa & Chips Pudding
29 Roast Beef Roasted Potatoes Vegetable Blend Roll, Fruit Cookie	30 Ivars Clam Chowder Chicken Salad Sandwich, Green Salad, Fruit Medley			

For reservations, call (360) 829-2095 OR (253) 474-1200.

Nutrition analysis includes 1% milk. (Butter is optional and increases the fat content of the menu.) This Menu is subject to change. Consuming raw or undercooked eggs, meat, seafood, and un-pasteurized milk and juices may increase your risk of food borne illness.