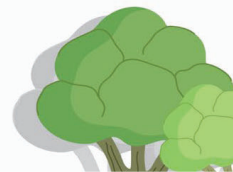






RVCOG FOOD & FRIENDS

J U N E



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chili Macaroni Whole Kernel Corn Green Beans with Red Peppers Peanut Butter Bar Rye Bran Roll	3 Garden Chicken Mini Salad Caesar Dressing over Spinach Romaine Creamy Cucumber Salad Seven Grain Roll Rice Krispie Bar	4 Birthday Special Meatloaf Brown Gravy Lyonnaise Potatoes Broccoli & Cauliflower Cracked Wheat Bread Chocolate Cake	5 Turkey A La King Whipped Potatoes Broccoli Rye Bran Roll Tropical Fruit	6 Around the World <i>New!</i> Beef Picadillo Spanish Rice Pinto Beans Cilantro Coleslaw Fresh Orange
9 Homestyle Turkey Patty Poultry Gravy O'Brien Potatoes Mixed Vegetables Cracked Wheat Bread Zucchini Brownie	10 Sloppy Joe Ranch Beans Broccoli and Cauliflower WG Hamburger Bun Lemon Bar Milk	11 Korean Beef Bimimbap (Rice) Carrots Kyoto Vegetables Lime Whip Milk	12 Chef Mini Salad Over Spinach Romaine Pickled Beets Seven Grain Roll Hermit Bar Milk	13 Father's Day Special Western Beef Steak Country Gravy Whipped Potatoes San Fran Vegetables Cracked Wheat Bread Orange Cake
16 Fish Vera Cruz Spanish Rice Broccoli Whole Kernel Corn Applesauce	17 Birthday Special Meatloaf Brown Gravy Whipped Potatoes Peas & Carrots Sunflower Seed Bread Chocolate Cake	18 Chicken Penne Pasta Sliced Carrots Spinach Rye Bran Roll Cranberry Crunch Bar Milk	19 <i>Closed</i>	20 Salisbury Steak Brown Gravy Colcannon Potatoes Cabbage and Carrots Oat Bran Wheat Roll Orange Whip
23 Herbed Chicken Patty Poultry Gravy Oven Roasted Potatoes California Vegetable Seven Grain Bread Pineapple Tidbits	24 Taco Tuesday Special Beef Taco w/Cheese Lettuce & Tomatoes Pinto Beans Chuckwagon Corn Flour Tortilla Lemon Cookie	25 Roast Pork Apple Chutney Sauce Garlic Whipped Potatoes Glazed Carrots Wheat Berry Bread Pears	26 Mexican Pasta Bake Green Beans with Red Peppers Spinach Cornmeal Bread Rocky Road Pudding Milk	27 Shepherd's Pie Mixed Vegetables Broccoli Rye Bran Roll Fresh Banana Milk
30  Macaroni & Cheese Parmesan Tomatoes Peas & Carrots Oat Bran Wheat Roll Gelatin with Fruit	 denotes vegetarian option <i>New!</i> denotes new item	A suggested minimum donation is requested from seniors 60 & older. Non-seniors must pay full cost of the meal. 1% milk served with all meals.	ALLERGEN DISCLAIMER: This kitchen uses the following products in meal preparation: tree nuts, sesame, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain.	



Senior Meals Program



TRIO Community Meals
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