



# JUNE 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<b>1 Breakfast</b> Cream of Wheat, Scrambled Egg, Toast <b>Lunch</b> Meatloaf, Mashed Potato, Green Beans <b>Dinner</b> BBQ Turkey Tips, Brown Rice, Broccoli	<b>2 Breakfast</b> Oatmeal, Fried Egg, Corned Beef Hash, Toast <b>Lunch</b> Baked Haddock, Rice Pilaf, California Vegetables <b>Dinner</b> Orange Chicken, Brown Rice, Oriental Vegetables	<b>3 Breakfast</b> Cream of Rice, Pepper & Onion Scramble, Croissant <b>Lunch</b> Macaroni & Cheese, Stewed Tomatoes <b>Dinner</b> Garlic Ginger Pork, Green Beans, Lo	<b>4 Breakfast</b> Mayo, Pumpkin Pancakes, Sausage <b>Lunch</b> Greek Chicken Rice Pilaf, Green Beans w/Red Peppers <b>Dinner</b> Tortellini Alfredo, Garlic Bread, Zucchini
<b>5 Breakfast</b> Oatmeal, Cheesy Scramble, Toast <b>Lunch</b> Jerk Chicken, Cape Cod Blend Vegetables, Couscous <b>Dinner</b> Pepperoni Pizza, Honeydew Cucumber Salad	<b>6 Breakfast</b> Mandarin Orange, Cream of Wheat, Hay Stack Eggs <b>Lunch</b> Shepherd's Pie, Zucchini <b>Dinner</b> Chicken Fingers, Tater Tots, New Brunswick Vegetables	<b>7 Breakfast</b> Mayo, Pancakes & Syrup, Bacon <b>Lunch</b> Italian Sausage, Couscous Salad, Watermelon <b>Dinner</b> Cheese Ravioli w/Tomato Sauce, Roasted Eggplant	<b>8 Breakfast</b> Banana, Oatmeal, Vegetable Quiche <b>Lunch</b> Creole Meatballs, Rice Pilaf, Green Beans <b>Dinner</b> Chicken Parmesan, Italian Blend Vegetables, Penne Pasta	<b>9 Breakfast</b> Cream of Rice, Pancakes w/Apple Compote, Sausage <b>Lunch</b> Baked Haddock, Baked Potato, Mixed Vegetable Blend <b>Dinner</b> Pizza, Cucumber Salad	<b>10 Breakfast</b> Watermelon, Cream of Wheat, Cheesy Scramble <b>Lunch</b> Turkey Vegetable Casserole, Baked Sweet Potato <b>Dinner</b> Broccoli Cheddar Quiche, Spinach Salad	<b>11 Breakfast</b> Oatmeal, Egg & Vegetable Soufflé, Toast <b>Lunch</b> Roast Pork w/ Apple Sauce, Red Skin Potatoes, Carrots, Applesauce <b>Dinner</b> Chicken Tenders, Tater Tots, Marinated Vegetables
<b>12 Breakfast</b> Mayo, Banana Pancakes, Bacon <b>Lunch</b> Chicken Marsala, Oven Browned Potatoes, Green Beans <b>Dinner</b> Pasta Alfredo w/Cheese, Italian Blend Vegetables, Garlic Bread	<b>13 Breakfast</b> Cream of Rice, Scrambled Egg w/Baked Ham <b>Lunch</b> Stuffed Cabbage, Mashed Potatoes <b>Dinner</b> Roast Turkey on Toast Points w/Gravy, Squash, Cranberry Sauce	<b>14 Breakfast</b> Oatmeal, Hash Brown Potatoes, Hard Boiled Egg <b>Lunch</b> BBQ Beef, Potato Salad, Superslaw <b>Dinner</b> Chicken Tenders, Broccoli, Sweet Potato	<b>15 Breakfast</b> Cream of Wheat, French Toast, Bacon <b>Lunch</b> Roast Pork, Prince Edward Blend Vegetables, Mashed Potatoes <b>Dinner</b> Sesame Chicken, Brown Rice, Vegetable	<b>16 Breakfast</b> Mayo, Bacon & Cheese Quiche <b>Lunch</b> Baked Haddock, Italian Vegetables, Sweet Potato <b>Dinner</b> Meatloaf, Mashed Potatoes, Vegetable of the Day	<b>17 Breakfast</b> Oatmeal, Pancakes <b>Lunch</b> Hot Dog in a Roll, Baked Beans, Pickled Beets <b>Dinner</b> Lemon Sage Chicken Thighs, Baby Carrots, Parsley Potatoes	<b>18 Breakfast</b> Cream of Rice, Cheesy Egg Scramble, Toast <b>Lunch</b> Marinated Flank Steak, Brussel Sprouts, Mashed Potato <b>Dinner</b> Macaroni & Cheese, Spanish Green Beans
<b>19 Breakfast</b> Oatmeal, Pancake, Bacon <b>Lunch</b> Shepherd's Pie, Corn Muffin <b>Dinner</b> Tuna Salad Plate, Lettuce & Tomato, Super Slaw, Roll	<b>20 Breakfast</b> Honeydew Melon, Cream of Wheat, Hard Boiled Egg, Donut <b>Lunch</b> Lemon Chicken, Oven Browned Potatoes, Mixed Vegetable <b>Dinner</b> Haddock Florentine, Carrots, Mashed Potato	<b>21 Breakfast</b> Oatmeal, Western Soufflé, Hash Brown Potatoes <b>Lunch</b> Hamburger or Cheeseburger, Peppers & Onions, Bowtie Pasta Salad <b>Dinner</b> Sweet & Sour Pork, Asian Vegetables, Brown Rice	<b>22 Breakfast</b> Banana, Cream of Rice, French Toast, Bacon <b>Lunch</b> Roast Turkey <b>Dinner</b> Butternut Squash, Mashed Potato, Stuffing, Cranberry Sauce <b>Dinner</b> Chicken Salad In A Hot Dog Roll, Watermelon Feta Salad, Potato Salad	<b>23 Breakfast</b> Mayo, Ham & Cheese Egg Croissant <b>Lunch</b> Baked Haddock, Rice Pilaf, Broccoli <b>Dinner</b> Macaroni & Cheese, Stewed Tomatoes	<b>24 Breakfast</b> Cream of Wheat, Cheesy Scramble, Toast <b>Lunch</b> Hot Dogs, Baked Beans, Coleslaw, Brown Bread <b>Dinner</b> Seafood Salad On A Bed Of Lettuce, Asparagus Tomato Salad, Potato Salad	<b>25 Breakfast</b> Oatmeal, Pancake, Sausage <b>Lunch</b> Braised Pot Roast, Baked Potato, Green Beans <b>Dinner</b> Chicken Teriyaki, Jasmine Rice, Asian Vegetables
<b>26 Breakfast</b> Cream of Rice, Vegetable Soufflé, Hash Browns <b>Lunch</b> Chicken ala King, Biscuit <b>Dinner</b> Stuffed Cabbage, Scalloped Potatoes	<b>27 Breakfast</b> Mayo, Egg Scramble, English Muffin <b>Lunch</b> Chicken Parmesan w/Penne Pasta, Italian Vegetables, Bread Stick <b>Dinner</b> Ham Salad Sandwich, Tater Tots, Watermelon	<b>28 Breakfast</b> Oatmeal, Pancakes w/Strawberry Topping <b>Lunch</b> Beef Tips, Spinach Salad, Whole Wheat Pasta Salad <b>Dinner</b> Shrimp Fajita over Rice with Peppers & Onions	<b>29 Breakfast</b> Cream of Wheat, Scrambled Egg, Toast <b>Lunch</b> Meatloaf, Mashed Potato, Green Beans <b>Dinner</b> BBQ Turkey Tips, Brown Rice, Broccoli	<b>30 Breakfast</b> Oatmeal, Fried Egg, Corned Beef Hash, Toast <b>Lunch</b> Baked Haddock, Rice Pilaf, California Vegetables <b>Dinner</b> Orange Chicken, Brown Rice, Oriental Vegetables	