
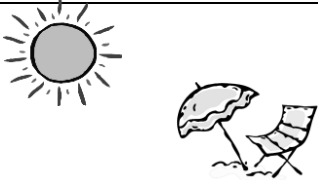





June 2019




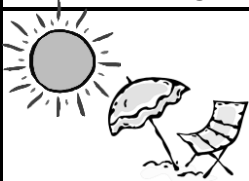

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>HAPPY FATHER'S DAY</p>  <p>JUNE 16th</p>				<p>Membership Appreciation Dinners</p> <p>See your Director for date & Time</p>
<p>3 Chilled Juice Hot Dog on Bun Baked Beans Cole Slaw Pears</p>	<p>4 Chilled Juice Oven Fried Chicken Potato Salad Garden Trio Vegetables Dinner Roll w/Margarine Fresh Fruit</p>	<p>5 Chilled Juice Vegetable Beef Soup Chicken Salad Sandwich Lettuce / Tomatoes Crackers Fruit Ambrosia</p>	<p>6 Chilled Juice Home-style Meatloaf w/Gravy Parmesan Potatoes Green Beans WW Bread w/Margarine Ice Cream</p>	<p>7 Chilled Juice Garlic Parmesan Baked Fish Macaroni Salad Broccoli/Cauliflower Blend Cornbread w/Margarine Granola Bar</p>
<p>10 Chilled Juice Vegetable Soup Tuna Salad Plate w/Crackers Lettuce, Tomatoes Cucumber & Tomato Salad Vanilla Ice Cream</p>	<p>11 Chilled Juice Italian Spaghetti w/Meatsauce Tossed Salad Assorted Dressings Italian Bread w/Margarine Pears</p>	<p>12 Chilled Juice Salisbury Steak w/Gravy Baked Potato Harvard Beets Bread w/Margarine Fresh Fruit</p>	<p>13 Chilled Juice Oven Fried Chicken Potato Salad Buttered Carrots WW Bread w/Margarine Chilled Mixed Fruit</p>	<p>14 Chilled Juice Cold Cut Sub w/Lettuce Ham, Salami, Cheese Tomato, Onion Cole Slaw Pineapple Tidbits</p>
<p>17 Chilled Juice Hamburger Steak w/Gravy & Onions Mashed Potatoes Harvard Beets Dinner Roll w/Margarine Vanilla Yogurt Parfait</p>	<p>18 Chilled Juice Chef Salad w/Crackers Assorted Dressings Ham, Turkey, Cheese Tomato & Egg Wedges Pickle Spear, Shredded Carrots Peaches</p>	<p>19 Chilled Juice Baked Chicken w/Gravy Macaroni Salad Seasoned Greens WW Bread w/Margarine Orange</p>	<p>20 Chilled Juice Oven Fried Pollack Macaroni & Cheese Stewed Tomatoes Cornbread w/Margarine Birthday Cake</p>	<p>21 Chilled Juice Navy Bean Soup Egg Salad on Rye Bread Lettuce & Tomatoes Waldorf Salad Fruit Crisp (Turkey Sandwich Diets)</p>
<p>24 Chilled Juice Chicken Salad on Lettuce Bed Sliced Tomatoes Pasta Salad Spring Blend Vegetables Crackers Peach Crisp</p>	<p>25 Chilled Juice Italian Spaghetti w/Meatsauce Tossed Salad Asst. Dressings Italian Bread w/Margarine Fruit Cocktail</p>	<p>26 Chilled Juice Roast Pork w/Gravy Red Skin Mashed Potatoes Broccoli Dinner Roll w/Margarine Orange Sherbet</p>	<p>27 Chilled Juice Vegetable Soup w/Crackers Tuna Salad Sandwich on Rye Bread Lettuce & Tomatoes Pickled Beets Chilled Pears</p>	<p>28 Chilled Juice BBQ Chicken Potato Salad Spinach WW Bread w/Margarine Banana</p>



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Nutritional Information



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HAPPY FATHER'S DAY  JUNE 17th				
3 Calories 751 Protein 26 gms Fiber 8.5 gms Fat 33 gms Sodium 1165 mgs	4 Calories 653 Protein 42 gms Fiber 8.4 gms Fat 21 gms Sodium 616	5 Calories 889 Protein 61 gms Fiber 8.9 gms Fat 31 gms Sodium 779 mgs	6 Calories 845 Protein 40 gms Fiber 8.5 gms Fat 21.8 gms Sodium 599 mgs	7 Calories 505 Protein 38 gms Fiber 6.6 gms Fat 41 gms Sodium 418 mgs
10 Calories 672 Protein 42 gms Fiber 4 gms Fat 26 gms Sodium 936 mgs	11 Calories 781 Protein 32 gms Fiber 10 gms Fat 15 gms Sodium 577 mgs	12 Calories 703 Protein 37 gms Fiber 10 gms Fat 20 gms Sodium 659 mgs	13 Calories 756 Protein 46 gms Fiber 10 gms Fat 20 gms Sodium 640 mgs	14 Calories 668 Protein 28 gms Fiber 7.3 gms Fat 23 gms Sodium 1451 mgs
17 Calories 676 Protein 38.7 gms Fiber 3.4 gms Fat 16 gms Sodium 807 mgs	18 Calories 530 Protein 31.8 gms Fiber 6 gms Fat 18.9 g,s Sodium 932.8 mgs	19 Calories 944 Protein 43.8 gms Fiber 8.8 gms Fat 142 gms Sodium 757 mgs	20 Calories 633 Protein 39 gms Fiber 5.6 gms Fat 12.8 gms Sodium 811 mgs	21 Calories 934 Protein 34.7 gms Fiber 10.35 gms Fat 40 gms Sodium 988 mgs
24 Calories 886 Protein 54 gms Fiber 9.2 gms Fat 13.8 gms Sodium 694 mgs	25 Calories 885 Protein 54.7 gms Fiber 8.5 gms Fat 31.8 gms Sodium 711 mgs	26 Calories 809 Protein 44.9 gms Fiber 10.9 gms Fat 115 gms Sodium 581 mgs	27 Calories 793 Protein 43.6 gms Fiber 8.5 gms Fat 26.8 gms Sodium 854 mgs	28 Calories 828 Protein 51.8 gms Fiber 10.9 gms Fat 52.7 gms Sodium 803 mgs

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