

JUNE MENU

	MON 6/2	TUES 6/3	WED 6/4	THURS 6/5	FRI 6/6
Poultry	Chicken Verde	Chicken Melitzana	Turkey & Vegetable Chili 6oz	Chicken Piccata	Chicken Pot Pie
Vegetarian	Southwest Frittata	TVP Melitzana	Vegetarian Chili	Tofu Piccata	TVP Pot Pie
Fish, Beef, Pork	Pork Verde	Pork Melitzana	Chili Con Carne	Fish Piccata	Beef Pot Pie
Veg 1	Spinach	Corn	5 Way Mixed Veg	Mushrooms & Summer Squ	Cauliflower
Veg 2	Black Beans	≠	≠	Green Beans	↓
Fruit	Applesauce	Peach Cup	Banana	Pineapple	Orange
Grain	Spanish Rice	Quinoa	Bulgar	Pasta	Potato Medley
	MON 6/9	TUES 6/10	WED 6/11	THURS 6/12	FRI 6/11
Poultry	Chili, Lime, Cumin Chicken	Teriyaki Chicken	Lemon Pepper Chicken	Chicken Parmesan	Chicken w/SDT Florentine
Vegetarian	Chili, Lime, Cumin TVP	Teriyaki Tofu	Lemon Pepper Tofu	Lentil Bolognese	TVP w/SDT Florentine
Fish, Beef, Pork	Chili, Lime, Cumin Beef	Teriyaki Beef	Lemon Pepper Fish	Italian Pork Ragu	Fish w/SDT Florentine
Veg 1	Zucchini & Peppers	Stir Fry Veg	Carrots	Brocc, Peas & Mushrooms	Italian Veg
Veg 2	Pinto Beans	≠	Corn	≠	≠
Fruit	Peach Cup	CA Fruit Blend	Orange	Kiwi	Honeydew
Grain	Quinoa	Fried Rice	Barley	Pasta	Bulgar
	MON 6/16	TUES 6/17	WED 6/18	THURS 6/19 HOLIDAY	FRI 6/20
Poultry	Chicken Enchiladas	Sweet & Sour Chicken	Chicken Stroganoff	Chicken Meatball Marinara	Chicken Cacciatore
Vegetarian	TVP w/Enchilada Sauce	Sweet & Sour Tofu	TVP Stroganoff	TVP w/Marinara	Lentil Cacciatore
Fish, Beef, Pork	Beef Colorado	Sweet & Sour Pork	Beef Stroganoff	Beef Meatball Marinara	Fish Cacciatore
Veg 1	Black Beans	Stir Fry Veg	Spinach	Peas & Carrots	Normandy Veg
Veg 2	Summer Squash	≠	↓	≠	≠
Fruit	Tropical Fruit Cup	Banana	Orange	Pineapple	CA Fruit Blend
Grain	Spanish Rice	Fried Rice	Mashed Potatoes	Pasta	Quinoa
	MON 6/23	TUES 6/24	WED 6/25	THURS 6/26	FRI 6/27
Poultry	Chicken Tikka Masala	Turkey Sloppy Joe	Chicken Tinga	Chicken Alfredo	Italian Baked Chicken
Vegetarian	Tofu Tikka Masala	TVP Sloppy Joe	TVP Tinga	TVP Alfredo	Parmesan VEG Patty
Fish, Beef, Pork	Fish Tikka Masala	Beef Meatloaf w/Glaze	Pork Tinga	Beef Bolognese	Italian Baked Fish
Veg 1	Indian Spiced Garbanzos	5 Way Mixed Veg 8 oz	Corn	Capri Veg	Zucchini, Tomatos,
Veg 2	Cauliflower	≠	↓	≠	Green Beans
Fruit	Applesauce	Banana	Watermelon	Pineapple	Kiwi
Grain	Quinoa	Brown Rice	Red Potatoes	Pasta	Bulgar
	MON 6/30	 council on aging		To cancel a delivery, call 707-525-0143 x135 48 hrs. in advance. Meals are low fat, low sodium, no sugar added. A contribution of \$4.00 per meal is suggested, but not required. All meals are served with milk. Rolls will be served with meals that have potatoes in place of a whole grain. Weekend Meals are Chef's Choice.	
Poultry	Chicken Fajitas				
Vegetarian	TVP Fajitas				
Fish, Beef, Pork	Beef Fajitas				
Veg 1	Pinto Beans				
Veg 2	Carrots				
Fruit	CA Fruit Blend				
Grain	Spanish Rice				