

June 2019 MENU

Douglas County Senior Center *Milk Served Daily

*WW Bread available daily upon request

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Fried Chicken Coleslaw Au gratin Potatoes Buttermilk Biscuit Bahama Vegetables Coconut Cream Pie	4 Roast Beef Spinach Salad W/Almonds& Cranberries w/Poppy seed Drsg. Mash Potato w/Gravy Whole Baby Carrots Cherry Walnut Dessert	5 Chicken Teriyaki Fried Rice Layered Salad Fresh Orange	6 Baked Ham w/Sweet Potato, Black Bean& Lentils Waldorf Salad Corn Bread Muffin Peach Cobbler	7 Lemon Baked Fish II Cracked Wheat Bread Green Peas Brown long Grain Rice Tossed Salad Creamy Italian Dressing Grapes
10 Cream of Tomato Soup Tilapia w/ Spicy Mango Salsa Watermelon, Pineapple, Blueberry Fruit Salad Caribbean Black Bean and Basmati Rice Casserole, Vanilla Pudding	11 Pork Chop w/Mushroom Gravy Baked Potato, Sour cream Carrots Tossed Salad Tangy Yogurt Salad Dressing Mixed Berry Cup	12 Birthday Day Chicken Breast w/ LS Bacon Sun-Dried Tomato Cream Sauce over Fettuccini Noodles, Oregon Blend Vegetables, Pea Salad, Pineapple Juice Cake and Ice Cream	13 Roma Burger Corn on Cob Baked Beans Cantaloupe	14 Father's Day BBQ Tri Tip Sandwich Macaroni Salad, Carrot Sticks w/ Ranch Watermelon Fruit Juice Banana Royal Ice Cream
17 Stuffed Cabbage Steamed Carrots WW Bread Apple Crisp	18 Chicken Cordon Bleu Casserole, Broccoli 3 Bean Salad Croissant Roll Apricots & Cookies	19 Lasagna Spinach Salad Peas & Carrots Roasted Garlic Bread Grapes Cheesecake	20 Balsamic Glazed Salmon Creamy Penne Pasta w/Asparagus Chickpea, Tomato & Basil Salad, Strawberry Bundt Cake	21 Meat Loaf 11 Citrus Couscous Salad Brussel Sprouts Garden Salad New Italian Dressing Fruit Cocktail w/Juice
24 Green Chile Shredded Pork Burrito in Tortilla with Black Beans Fiesta Corn Salad Spanish Rice Sliced Apples	25 Pepperoni Pizza Greek Tomato Cucumber Salad w/ Crispy Chickpeas Green Grapes Chocolate Pudding	26 Turkey Bean Soup Tuna Stuffed Tomato Apricot Bran Muffin Peach Butter Fresh Mandarin Orange	25 Sweet Italian Sausage with Red Peppers & Onions over WW Cooked Elbow Macaroni Steamed Broccoli, Mixed Green Salad, Ls Italian Dressing, Fresh Banana	28 Picnic at Park Turkey & American Sub Sandwich with Lettuce, Tomato, Red Onion Spiral Pasta Vegetable Salad Sun Chips, Watermelon

