

June 2019

Monday	Tuesday	Wednesday	Thursday	Friday	
To request a copy of the Nutritional Analysis, please call our office.		TO RESERVE OR CANCEL A MEAL, CALL 641-792-7102 Or TOLL FREE 1-866-942-7102			
	3	4	5	6	
	Steak in Brown Gravy Whipped Potatoes Seasoned Asparagus Pineapple Pudding	Cheeseburger Casserole Broccoli Florets Mandarin Oranges Dessert	Tuna Noodle Casserole Spinach Banana Blueberry Bar	Chicken Broccoli Pasta Green Beans Peaches Fruit Cocktail Roll	Hot Beef on Bread Mashed Potatoes w/ Gravy Carrots Ambrosia Salad Grapes
	10	11	12	13	
Fish Sandwich Creamy Coleslaw Sweet Potato Fries Cake	Beef Patty Broccoli Escaloped Potatoes Dinner Roll Mixed Fruit	Chicken & Rice Casserole Lima Beans Melon Carrot Cake	Cook's Choice Ham Sandwich w/Cheese BLT Salad 3 Bean Salad Apple Dessert	14 Biscuits & Gravy Hard Boiled Eggs Tomatoes Blueberries Fruited Yogurt	
17	19	18	20	21	
Cook's Choice Egg Salad Sandwich Tomato Salad Orange Cookie	Tossed Salad w/ Grilled Chicken Peas (on salad) Banana Oatmeal Cookie Roll	Beef Stroganoff Over Buttered Egg Noodles Brussels Sprouts Fresh Fruit Cup Pudding Birthday Day	Minestrone Soup 1/2 Tuna Salad Sandwich Crackers Cantaloupe Brownie	Beef Enchilada Casserole Tortilla Chips & Salsa Fiesta Corn Raisins Peaches in Raspberry Jello	
24	25	26	27	28	
BBQ Pork on Bun Sweet Potato Tots Asparagus Mixed Berry Cup Chocolate Mousse	Tater Tot Casserole Harvard Beets Pears Cherry Pink Cloud Salad	Lasagna Lettuce Salad Italian Vegetables Watermelon Garlic Bread	Pork Chop in Brown Gravy Potatoes Spinach Peaches Cinnamon Applesauce	Baked Cod Macaroni And Cheese Glazed Carrots Strawberries Ice Cream	

*Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.

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