


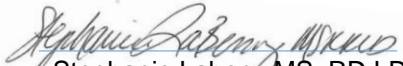


June 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	TO RESERVE OR CANCEL A MEAL CALL 641-792-7102 Toll Free 1-866-942-7102		1 Chicken Salad Sandwich 2 Spoon Salad 1 Pears 1 Chocolate Chip Cookie 1	2 Cheeseburger Casserole 1 Broccoli Mandarin Oranges 1 Blond Brownie 1.5
5 Hamburger in Brown Gravy Whipped Potatoes 1 Seasoned Asparagus Pineapple 1 Pudding 2	6 Beef Burrito 1.5 Tortilla Chips & Salsa .5 Fiesta Corn 1 Raisins 1 Raspberry Peaches 1	7 Tuna Noodle Casserole 1 Spinach Banana 2 Blueberry Cobbler 1	8 Chicken Broccoli Pasta 1 Green Beans 1 Apricots 1 Dessert 1 Roll 1	9 Hot Beef on Bread 1 Mashed Potatoes w/ Gravy 1 Carrots Ambrosia Salad 2 Apple 1
12 Swiss Steak Broccoli Rice 1 Tropical Fruit 1 Plums 1	 13 Meatloaf Baked Potatoes 1 Green Beans Amandine Yogurt 1 Apple 1	14 Chicken & Rice Casserole 1 Lima Beans Creamy Cucumber Salad Pears 1 Pineapple 1	15 Crispy Fish Sandwich 1 Creamy Coleslaw 1 Sweet Potatoe Tots 1 Peaches 1 Mandarin Orange Cake 1.5	16 Biscuits & Gravy 1 Spinach Sweet Cherries 1 Vanilla Ice Cream 1
19 Creamed Chicken 1 Whipped Potatoes 1 Broccoli Normandy Cherry Fruit Salad 1.5 Cookie 1	20 Beef Stroganoff Over Buttered Egg Noodles 1 Brussels Sprouts Fruit Cocktail 1 Butterscotch Pudding 2	21 BIRTHDAY DAY Hot Dog Baked Beans Coleslaw Cookie Ice Cream	22 Meatballs in Brown Gravy Mashed Potatoes 1 Asparagus Pears 1 Brownie 1	23 Egg Salad Sandwich 2 3 Beans Salad Cottage Cheese with Pear 1 Orange 1
26 Pork Chop in Brown Gravy Potato w/ Onion 1 Spinach Peaches 1 Cinnamon Applesauce 1	 27 TatorTot Casserole Green Beans Banana Dessert	28 Lasagna 1 Corn 1 Italian Vegetables .5 Watermelon 1 Roll 1	29 BBQ Beef on Bun 2 Sweet Potato Tots 2 Brussels Sprouts Blueberry Muffin 1 Apple 1	 30 Baked Tilapia Glazed Carrots Creamed Asparagus Strawberries 1 Brownie 1

**Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults. The number in parentheses denotes the carbohydrate count for those with diabetes. Cook's Choice days do not have carbohydrate count labeled.


Stephanie Labenz MS, RD, LD