Senior Meals	Noon Meal Calendar			Month
and	For Espresso Café - Cando			of
Services	Call 968-3809 The Day Prior for Reservation June 202			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Roll 2 Garlic & Sage Chicken Thighs Chive Mashed Potatoes Pears	Breadstick3Tortellini w/Meat Sauce1Italian Green Beans5Broccoli & Cauliflower5Salad5Blueberry Crisp5	4	5	Crackers 6 Potato Bacon Soup Edamame Corn Salad BBQ Chicken Flatbread Bananas & Pineapple
Bread 9 Porcupine Meatballs Broccoli & Cheese Sauce Garlic Mashed Potatoes Orange	Biscuit 10 Chicken Noodle Casserole Mixed Vegetables House Salad/Dressing Fruit Cocktail	11 LS = low sodium Salad: tossed, fruit, coleslaw, potato, macaroni w/peas	12	Bread 13 Ham Scalloped Potatoes Baby Lima Beans Apples
Bread 16 Ribs Roasted Baby Red Potatoes Corn Watermelon	17 Blueberry Waffles Scrambled Egg Harvest Hash Banana	18 Menus subject to change upon availability	19	Bread 20 Lemon Pepper Walleye Au Gratin Potatoes Creamed Spinach Peachy Gelatin
Dinner Roll 23 Beef Goulash Green Beans House Salad/Dressing Applesauce	Garlic Toast 22 Grilled Chicken Foil Wrapped Grilled Potatoes Carrot Raisin Salad Strawberries	23	24	Bun 25 BBQ Pulled Pork Waffle Fries Succotash in Garlic Butter Fruit Salad
Bread 30 Cream of Broccoli Soup Turkey & Swiss Sandwich Cucumber Salad Mandarin Oranges	Vegetable Egg Roll 1 Chicken Stir Fry Brown Rice Pilaf Oriental Mixed Veggies Orange & Pineapple Gelatin	Tortilla Chips 2 Beef Taco Salad Chicken Tortilla Soup Fruit/Sauce	3	CLOSED 4 Happy * 4+h of July
Older Americans Act federal regulations require individuals 60 and older to complete an annual registration in order to participate in the Congregate Meals Program, or a semi-annual registration to participate in the Home-Delivered Meals Program. You will be notified when it is time to update.			Age 60 and over: Suggested Contribution Congregate and Home Delivered Meals Is \$5.00. Contribute as you are able. Those under 60 or who do not complete a registration form must pay \$14.79 per meal.	