 = Item is higher in sodium
 * = Vitamin C
 _ = Vitamin A
 () = Dessert of Choice
 All meals served w/low fat milk.



3

Seafood Newburg Casserole
 (with Shrimp & Mock Crab)
 over Wild Rice
Spring Bean Medley
 Green Peas w/Pearl Onions
 * Tropical Fruit

4

NATIONAL CHEESE DAY!
Cheese Omelet
 w/Salsa
 Turkey Sausage
 * Broccoli Florets
 * Roasted Red Potatoes
 * Orange Juice Muffin
 (Fresh Fruit)

5

Meatloaf w/Gravy
Capri Vegetables
 * Mashed Potatoes
 Dinner Roll w/Butter
 Lemon Gelatin w/Whipped Topping
 (Diet Lemon Gelatin)

6

 **Vegetarian Bean Burrito**
 w/Red Sauce & Cheese
Mexicali Corn
 * California Vegetables
 Tossed Salad
 w/Ranch Dressing
 Seasonal Fresh Fruit

7

COLD PLATE
Cobb Salad
 w/Blue Cheese Dressing
Apple Juice
4 Bean Salad
Dinner Roll w/Butter
 * Cantaloupe

10

NEW ITEM!
Cheesy Lasagna Roll
Italian Vegetables
 * Steamed Spinach
 * Mandarin Oranges



11

 **COLD PLATE**
Corned Beef Sandwich
 w/Mustard
 on Rye Bread
Fruit Punch
 * Marinated Veggie Salad
 * Creamy Coleslaw
 Cinnamon Applesauce

12

PHILIPPINE INDEPENDENCE DAY
Pork Afritada
 * California Vegetables
Steamed Zucchini
Tossed Salad
 w/French Dressing
Hawaiian Roll w/Butter
 Seasonal Fresh Fruit

13

Oven Fried Chicken
Green Beans
Macaroni and Cheese
Marinated Beets & Onions
 * Watermelon



14

FATHER'S DAY CELEBRATION
NEW ITEM!
Salmon Fillet
 w/Lemon Caper Sauce
 * Broccoli Florets
 * Cheesy Scalloped Potatoes
Mixed Green Salad
 w/Honey Mustard Dressing
Fudge Brownie
 (Seasonal Fresh Fruit)

17

Broccoli Beef
 over Brown Rice
 Grape Juice
Capri Vegetables
 Green Peas
 * Tropical Fruit

18

Turkey Tamale Pie
 w/Cornbread Topping
Pinto Beans
Spring Bean Medley
Mixed Green Salad
 w/Ranch Dressing
 * Dole Mixations Fruit Cup

19

Apricot Chicken
 * Whipped Sweet Potatoes
 * Broccoli & Cauliflower
Cookie
 (Fresh Fruit)



20

COLD PLATE
Mock Crab Salad
 on Shredded Lettuce
Apple Juice
Carrot Raisin Salad
Marinated Zucchini Salad
Sourdough Roll w/Butter
 * Citrus Fruit

21

Cheeseburger
 * Garlic Fries
Mixed Vegetables
Lettuce, Tomato & Onion
Catsup, Mustard, Mayo
Relish, Bun
 * Watermelon

24

Turkey Dinner w/Gravy
 * Mashed Potatoes
 * California Vegetables
Dinner Roll w/Butter
Cranberry Sauce
 Seasonal Fresh Fruit

25

COLD PLATE
Chicken Salad Sandwich
 w/Lettuce & Tomato
 on a Thin Whole Grain Bun
 * Orange Pineapple Juice
Garden Pea Salad
Pickled Beets & Onions
 * Mandarin Oranges


26

Breaded Pollock Fillet
Spring Bean Medley
Herbed Rice
 * Pineapple Coleslaw
Tartar Sauce
Mixed Fruit

27

NEW ITEM!
Hot Meatball Sandwich
 w/Mozzarella Cheese
 on a Roll
Italian Vegetables
 * Broccoli Florets
Fruit Punch
 * Cantaloupe

28

 **Kalua Pork**
 * over Steamed Cabbage
Apple Juice
Glazed Carrots
Steamed Rice
Pineapple Cake
 (Pineapple Chunks)