

# JUNE 2022

(Meals are subject to change)

|  | <b>Mon</b>  | <b>Tue</b>   | <b>Wed</b>  | <b>Thu</b>  | <b>Fri</b>   |  |
|--|---|--|---|---|--|--|
| <p><b>Milk is included in all meals</b></p> <p><b>Meal Components</b></p> <ul style="list-style-type: none"> <li>• <b>3 oz. serving meat /protein</b></li> <li>• <b>1 1/2 cups vegetable and/or fruit</b></li> <li>• <b>2 servings grain</b></li> <li>• <b>8oz low fat milk</b></li> </ul> <p><b>Guests/Private Pay \$5.00</b></p> <p><b>Recommended Donation for Home Delivery &amp; Congregate Programs \$3.00</b></p> |   |  | <p>1</p> <p>Beef Hot Dog<br/>Baked Beans<br/>Corn<br/>WG Bun<br/>Pears</p>                    | <p>2</p> <p>Egg Omelet<br/>French Toast<br/>Stewed Tomatoes<br/>Peas<br/>Applesauce</p> | <p>3</p> <p>Fish Patty<br/>Peas<br/>Carrots<br/>WG Bun<br/>Mixed Fruit</p>                   | <p><b>Tremont</b></p> <p><b>Hopedale</b></p> <p><b>Pekin</b></p> <p><b>Washington Heartland Apt.</b></p> <p><b>*** Cold Meal will Be delivered</b></p> |
|  | <p>6</p> <p>Hamburger Patty<br/>Green Beans<br/>Mixed Vegetables<br/>WG Bun<br/>Apple</p> | <p>7</p> <p>Lemon Chicken<br/>Cauliflower<br/>Beets<br/>WG Roll<br/>Peaches</p>                          | <p>8</p> <p>Meatball Marinara<br/>Carrots<br/>Peas<br/>WG Bun<br/>Pears</p>                   | <p>9</p> <p>Chicken Tenders<br/>Mashed Potatoes/Gravy<br/>Broccoli<br/>Mixed Fruit</p>  | <p>10</p> <p>Beef &amp; Gravy<br/>WG Noodles<br/>Corn<br/>Lima Beans<br/>Pineapple</p>       |  |
|  | <p>13</p> <p>Pulled Pork<br/>Sweet Potatoes<br/>Broccoli<br/>WG Bun<br/>Orange</p>        | <p>14</p> <p>Chicken Parmesan<br/>Beets<br/>Mixed Vegetables<br/>WG Roll<br/>Tropical Fruit</p>          | <p>15</p> <p>Sausage Patty<br/>English Muffin<br/>Stewed Tomatoes<br/>Peas<br/>Applesauce</p> | <p>16</p> <p>B.B.Q. Meatballs<br/>Green beans<br/>Corn<br/>WG Bun<br/>Pears</p>         | <p>17</p> <p>Chicken &amp; Gravy<br/>WG Noodles<br/>Carrots<br/>Lima Beans<br/>Pineapple</p> |  |
|  | <p>20</p> <p>Sloppy Joe<br/>Mixed Vegetables<br/>Cauliflower<br/>WG Bun<br/>Apple</p>     | <p>21</p> <p>Chicken Tacos<br/>Lettuce/Tomato/Cheese<br/>Black Beans<br/>Coen<br/>WG Tortilla Pears</p>  | <p>22</p> <p>Pork Riblet<br/>Sweet potatoes<br/>Beets<br/>WG Bun<br/>Peaches</p>              | <p>23</p> <p>Chicken Nuggets<br/>Carrots<br/>Broccoli<br/>Mixed Fruit</p>               | <p>24</p> <p>Ham &amp; Beans<br/>Corn Bread<br/>Green Beans<br/>Hot Cin. Apples</p>          |  |
|  | <p>27</p> <p>Chicken Patty<br/>Broccoli<br/>Carrots<br/>WG Bun<br/>Orange</p>             | <p>28</p> <p>Beef Tacos<br/>Lettuce/Tomato/Cheese<br/>Refried Beans<br/>Corn<br/>WG Tortilla Peaches</p> | <p>29</p> <p>B.B.Q. Chicken<br/>Cauliflower<br/>Mixed Vegetables<br/>WG Roll<br/>Pears</p>    | <p>30</p> <p>Pork Tenderloin<br/>Green Beans<br/>Beets<br/>WG Bun<br/>Mixed Fruit</p>   |  |  |