



SUNDAY, JUNE 18th



**ALL MEALS
SERVED WITH
1% OR FAT FREE MILK**

**NOTE: MENUS ARE SUBJECT
TO CHANGE**

1 Hawaiian Pork Cutlet

Yams
Brussels Sprouts
Fruited Jello
12-Grain Bread

2 Breadcrumb Crusted Fish

Harvard Beets
Three Bean Salad
Apricot Apple Salad
Whole Grain Dinner Roll

5 Chicken Rice Casserole

Mixed Vegetable
Pears w/Blueberries
Cranberry Juice
Whole Grain Dinner Roll

6 Stuffed Shells

Corn
Tossed Salad w/ Dressing
Grapes
Whole Grain Garlic Roll

7 Swedish Meatballs

WG Noodles
Carrots
Cranberry Salad
Peaches
Whole Grain Dinner Roll

8 Swiss Steak

Mashed Potatoes
Green Beans
Pineapple Tidbits
Sunshine Salad
12 Grain Bread

**9 Sweet & Sour Pork
Over Brown Rice**

Broccoli
Carrifruit Salad
Pear Slices w/ Cinnamon
WG Dinner Roll

12 Chicken Primavera

California Blend Vegetables
Cinnamon Applesauce
Low Sodium V8 Juice
Whole Grain Dinner Roll

13 Parmesan Crusted Fish

Garlic Butter Rice
Peas and Carrots
Celery Carrot Apple Salad
Tropical Fruit
12 Grain Bread

**14 BBQ Pork on a
Whole Grain Roll**

Roasted Potato
Broccoli
Mangos

15 Macaroni & Cheese

Spinach
Tossed Salad w/ Dressing
Watermelon
Whole Grain Dinner Roll

16 *Father's Day Dinner*

Meat Loaf w/Gravy
Mashed Potatoes
Mixed Vegetables Fruit Cocktail
12-Grain Bread Carrot Cake

19 Spaghetti w/ Meatballs

Waxed Beans
Low Sodium V8 Juice
Peaches
Whole Grain Garlic Roll

20 Stuffed Peppers

Italian Green Beans
Cottage Cheese w/ vegetables
Mandarin Oranges
Whole Grain Spice Muffin

21 Roast Beef w/ Gravy

Mashed Potatoes Squash
Fruit Fluff 12 Grain Bread



22 Cuban Style Pork

Black Beans and Rice
Beets
7 Layer Salad
Tropical Fruit

**23 Turkey a la King over a
Whole Grain Biscuit**

Vegetable Blend
Molded Cucumber Salad
Fresh Orange

26 Savory Pork Roast

Parsley Buttered Potatoes
Brussels Sprouts
Rosy Apple Relish
12 Grain Bread

27 Lemon Garlic Chicken

Mushroom Rice Pilaf
California Vegetable Blend
Broccoli Salad
Mixed Berries w/Whipped Topping

28 Parmesan Crusted Fish

Sweet Potatoes
Beets
Bean & Spinach Salad
Pears w/ Blueberries
12 Grain Bread

29 Salisbury Steak w/ Gravy

Mashed Potatoes
Carrots
Strawberries w/ Whipped Topping
12 Grain Bread

**30 Italian Sausage
w/Peppers and Onions**

German Potato Salad
Hawiiian Salad
Zucchini Muffin

Nutritional Analysis

June 2023



Thursday, June 1	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Hawaiian Pork Cutlet	252	17	11	22	11	4	517	1	507
Yams	97	25	16	0	0	0	4	3	273
Brussels sprouts	33	6	2	3	0	0	12	3	225
Fruited Jello	78	19	19	1	0	0	105	0	37
12 Grain Bread	110	19	2	5	3	0	180	3	100
1% Milk	102	12	12	8	2	2	107	0	366
Totals	672	98	62	39	16	6	925	10	1508

Friday, June 2	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Breadcrumb Crusted Fish	190	8	1	24	6	3	85	0	461
Harvard beets	134	21	13	1	6	1	124	1	236
Three bean salad	109	14	6	2	5	1	61	3	100
Apricot Apple Salad	135	33	28	2	1	0	19	3	250
Whole Grain Roll	71	13	--	3	1	0	151	1	--
1% Milk	102	12	12	8	2	2	107	0	366
Totals	741	101	60	40	21	7	547	8	1413

Monday, June 5	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Chicken rice casserole	509	51	8	36	17	6	448	2	303
Mixed vegetables	54	10	4	2	0	0	18	2	--
Pears and Blueberries	51	13	9	0	0	0	2	2	81
Cranberry Juice	84	21	19	0	0	0	3	0	22
Whole Grain Roll	71	13	--	3	1	0	151	1	--
1% Milk	102	12	12	8	2	2	107	0	366
Totals	871	120	52	49	20	8	729	7	772

Tuesday, June 6	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Stuffed Shells	314	36	7	14	12	6	583	3	569
Corn	12	3	0	0	0	0	0	0	--
Tossed salad	34	7	3	2	0	0	50	2	153
Italian Dressing	28	0	0	0	3	0	58	0	1
Grapes	52	14	12	1	0	0	2	1	144
Whole Grain Garlic Roll	88	13	0	3	3	0	168	1	2
1% Milk	102	12	12	8	2	2	107	0	366
Totals	630	85	34	28	20	8	968	7	1235

Wednesday, June 7	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Swedish meatballs	364	29	--	15	21	9	407	2	245
Whole grain pasta	83	17	0	3	1	--	2	2	38
Carrots	27	6	3	0	0	0	43	2	140
Cranberry Salad	132	32	25	1	0	0	6	2	235
Peaches	55	14	13	1	0	0	5	2	159
Whole Grain Roll	71	13	--	3	1	0	151	1	--
1% Milk	102	12	12	8	2	2	107	0	366
Totals	834	123	53	31	25	11	721	11	1183

Thursday, June 8	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Swiss Steak	272	10	5	26	14	5	211	3	228
Mashed Potatoes	138	21	1	2	5	1	21	2	168
Green beans	19	4	1	1	0	0	1	2	107
Pineapple tidbits	25	8	7	0	0	0	5	0	--
Sunshine Salad	73	5	4	11	0	0	15	1	128
12 Grain Bread	110	19	2	5	3	0	180	3	100
1% Milk	102	12	12	8	2	2	107	0	366
Totals	739	79	32	53	24	8	540	11	1097

Friday, June 9	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Sweet and Sour Pork	255	30	24	18	7	3	462	1	450
Brown Rice	124	26	0	3	1	0	4	2	87
Broccoli	26	5	1	3	0	0	10	3	131
Carrifruit salad	168	25	16	1	8	3	230	3	175
Pears	62	16	12	0	0	0	5	2	119
Whole Grain Roll	71	13	--	3	1	0	151	1	--
1% Milk	102	12	12	8	2	2	107	0	366
Totals	808	127	65	36	19	8	969	12	1328

Monday, June 12	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Chicken Primavera	273	25	3	28	7	3	281	5	596
California Blend Vegetables	20	4	--	1	0	0	24	2	145
Applesauce with cinnamon	51	14	11	0	0	0	2	1	90
LS V8 Juice	35	7	5	1	0	0	97	1	563
Whole Grain Roll	71	13	--	3	1	0	151	1	--
1% Milk	102	12	12	8	2	2	107	0	366
Totals	552	75	31	41	10	5	662	10	1760

Tuesday, June 13	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Parmesan Crusted Fish	190	8	1	24	6	3	85	0	461
Garlic Butter Rice	184	19	0	4	9	5	168	0	144
Peas & carrots	38	8	3	2	0	0	54	2	126
Celery, Carrot, Apple Salad	40	5	4	0	2	0	88	1	103
Fruit salad	80	21	20	0	0	0	10	1	--
1% Milk	102	12	12	8	2	2	107	0	366
1/2 Grain Bread	110	19	2	5	3	0	180	3	100
Totals	744	92	42	43	22	10	692	7	1300

Wednesday, June 14	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Barbecue Pork	236	11	8	26	10	4	493	0	503
Roasted Potatoes	219	19	0	4	14	2	115	6	654
Broccoli	26	5	1	3	0	0	10	3	131
Mango	60	16	14	0	0	0	0	1	0
Whole Grain Roll	71	13	--	3	1	0	151	1	--
1% Milk	102	12	12	8	2	2	107	0	366
Totals	714	76	35	44	27	8	876	11	1654

Thursday, June 15	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Macaroni & Cheese	622	44	6	32	36	19	633	2	243
Spinach	32	5	0	4	1	0	92	4	287
Tossed salad	34	7	3	2	0	0	50	2	153
Italian dressing	28	0	0	0	3	0	58	0	1
Watermelon	23	6	5	0	0	0	1	0	85
Whole Grain Roll	71	13	--	3	1	0	151	1	--
1% Milk	102	12	12	8	2	2	107	0	366
Totals	912	87	26	49	43	21	1092	9	1135

Friday, June 16	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Meatloaf	387	12	2	24	26	9	246	1	413
Gravy	50	3	0	0	4	1	19	0	5
Mashed Potatoes	138	21	1	2	5	1	21	2	168
Mixed vegetables	54	10	4	2	0	0	18	2	--
Fruit cocktail	55	14	13	1	0	0	5	1	113
1/2 Grain Bread	110	19	2	5	3	0	180	3	100
1% Milk	102	12	12	8	2	2	107	0	366
Carrot Cake	205	50	27	2	0	0	457	2	32
Totals	1101	141	61	44	40	13	1053	11	1197

Monday, June 19	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Spaghetti with Meatballs	399	60	10	20	9	2	290	10	893
Wax beans	40	8	3	1	0	0	0	3	--
LS V8 Juice	35	7	5	1	0	0	97	1	563
Peaches	55	14	13	1	0	0	5	2	159
Whole Grain Garlic Roll	88	13	0	3	3	0	168	1	2
1% Milk	102	12	12	8	2	2	107	0	366
Totals	719	114	43	34	14	4	667	17	1983

Tuesday, June 20	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Stuffed Peppers	190	12	2	8	12	5	550	1	204
Green beans	23	3	1	1	0	0	0	1	--
Cottage Cheese Vegetable Salad	50	3	3	6	1	1	187	0	84
Mandarin orange	18	4	4	0	0	0	2	1	64
Whole Grain Spice Muffin	180	33	1	2	5	2	285	1	5
1% Milk	102	12	12	8	2	2	107	0	366
Totals	563	67	23	25	20	10	1131	4	723

Wednesday, June 21	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Roast Beef	201	0	0	31	7	3	41	0	259
Mashed Potatoes	138	21	1	2	5	1	21	2	168
Gravy	99	6	1	1	7	1	39	0	10
Squash	47	12	--	1	0	0	2	4	160
Fruit Fluff	110	25	22	1	2	2	30	2	59
12 Grain Bread	110	19	2	5	3	0	180	3	100
1% Milk	102	12	12	8	2	2	107	0	366
Totals	705	83	26	41	24	7	313	11	756

Thursday, June 22	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Cuban style pork	132	2	1	22	3	1	50	0	396
Black Beans and Rice	101	19	1	4	1	0	204	3	173
Beets	40	8	6	1	0	0	232	1	156
7 Layer Salad	114	8	4	6	7	1	251	1	200
Tropical Fruit	80	21	20	0	0	0	10	1	--
12 Grain Bread	110	19	2	5	3	0	180	3	100
1% Milk	102	12	12	8	2	2	107	0	366
Totals	679	89	46	46	16	4	1034	9	1391

Friday, June 23	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Turkey a la King	272	11	3	22	15	9	100	1	310
Whole Grain Biscuit	91	11	--	2	4	3	172	1	--
Vegetable Blend	54	10	4	2	0	0	18	2	--
Molded Cucumber Salad	209	23	21	3	12	5	228	1	156
Orange	45	11	9	1	0	0	0	2	174
1% Milk	102	12	12	8	2	2	107	0	366
Totals	773	78	49	38	33	19	625	7	1006


Monday, June 26	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Savory Pork Roast	290	1	0	53	8	3	160	1	733
Parsley Potatoes	113	18	1	4	3	0	103	5	614
Brussels sprouts	33	6	2	3	0	0	12	3	225
Rosy applesauce	106	21	18	0	0	0	4	2	88
12 Grain Bread	110	19	2	5	3	0	180	3	100
1% Milk	102	12	12	8	2	2	107	0	366
Totals	652	65	23	65	14	3	459	14	1760

Tuesday, June 27	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Lemon Garlic Chicken	177	1	0	21	9	1	44	0	327
Mushroom Rice Pilaf	109	15	1	4	4	2	35	1	130
California blend vegetables	20	4	--	1	0	0	24	2	145
Broccoli salad	173	13	5	8	10	3	117	2	33
Mixed berries	40	9	6	1	0	0	0	2	--
Whipped topping	15	1	1	0	1	0	0	0	6
1% Milk	102	12	12	8	2	2	107	0	366
Totals	636	55	25	43	26	8	327	7	1007

Wednesday, June 28	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Parmesan Crusted Fish	190	8	1	24	6	3	85	0	461
Sweet Potatoes	97	25	16	0	0	0	4	3	273
Beets	40	8	6	1	0	0	232	1	156
Bean and Spinach Salad	65	12	1	3	0	0	143	4	240
Pears with Blueberries	51	13	9	0	0	0	2	2	81
12 Grain Bread	110	19	2	5	3	0	180	3	100
1% Milk	102	12	12	8	2	2	107	0	366
Totals	655	97	47	41	11	5	753	13	1677

Thursday, June 29	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Salisbury Steak	282	12	2	15	20	7	535	2	43
Mashed Potatoes	138	21	1	2	5	1	21	2	168
Carrots	27	6	3	0	0	0	43	2	140
Strawberries	26	7	3	0	0	0	1	2	110
Whipped topping	15	1	1	0	1	0	0	0	6
12 Grain Bread	110	19	2	5	3	0	180	3	100
1% Milk	102	12	12	8	2	2	107	0	366
Totals	700	78	24	30	31	10	887	11	933

Friday, June 30	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Italian Sausage with Peppers and Onions	225	17	3	18	10	3	361	1	983
German potato salad	95	15	1	3	3	1	158	2	390
Hawaiian Salad	140	20	17	1	6	4	20	2	--
Zucchini Muffin	176	32	0	2	5	2	286	1	1
1% Milk	102	12	12	8	2	2	107	0	366
Totals	738	96	33	32	26	12	932	6	1740

<p>3 Turkey Rice Casserole Peas Rosy Apple Relish WG Dinner Roll</p> <p>10 Chicken & W G Biscuit California Blend Vegetables Cinnamon Applesauce Cranberry Juice</p> <p>17 Stuffed Shells Spinach Four Bean Salad Grapes Whole Grain Garlic Roll</p>	<p>4</p> <p>OFA CLOSED</p>  <p>11 Macaroni & Cheese Stewed Tomatoes Tangy Bean Salad Fresh Orange Whole Grain Dinner Roll</p> <p>18 Turkey Stew Carrots Chic Pea Salad Cinnamon Applesauce Whole Grain Biscuit</p>	<p>5 BBQ Chicken Parsley Potatoes Green Beans Mixed Berries w/ Topping 12-Grain Bread</p> <p>12 Spanish Rice Peas & Carrots Cottage Cheese w/ Fruit Strawberries w/ Whipped Topping Whole Grain Dinner Roll</p> <p>19 Meatloaf w/ Gravy Mashed Potatoes w/ gravy Squash Mandarin Oranges 12-Grain Bread</p>	<p>6 Sweet & Sour Pork over Brown Rice Broccoli Molded Apricot Salad Mandarin Oranges</p> <p>13 Parmesan Crusted Fish Garlic Butter Rice Brussels Sprouts Tossed Salad w/ Dressing Tropical Fruit</p> <p>20 BBQ Pork on a Whole Wheat Bun Vegetable Blend Coleslaw Watermelon</p>	<p>7 Layered Cabbage Casserole Carrots Cranberry Salad Whole Grain Dinner Roll</p> <p>14 Apricot Pork Cutlet Mashed Potatoes Mixed Vegetables Pears w/ Blueberries 12-Grain Bread</p> <p>21 Chicken Italian Baked Potato Sunshine Salad Mixed Fruit WG Dinner Roll</p>
<p>24 Pepper Steak AuGratin Potatoes Vegetable Blend Rosy Apple Relish Grape Juice 12-Grain Bread</p> <p>31 Swedish Meatballs over Noodles Spinach Mandarin Oranges Apple Juice</p>	<p>25 Italian Crusted Fish Rice Pilaf Brussels Sprouts Mandarin Oranges 12-Grain Bread</p>	<p>26 <i>Picnic Day</i> Hamburger or Hot Dog on WW Roll Baked Beans Macaroni Salad Watermelon Chocolate Brownie</p> <p>July 26 – Meet at Havana Glen at 11:00 am for games and fun. Lunch will be served from 11:45am – 12:45 pm.</p>	<p>27 Lemon Garlic Chicken Rice Pilaf Sweet & Sour Cabbage 7 layer Salad 12-Grain Bread</p>	<p>28 Vegetable Lasagna Tossed Salad w/Dressing Pea & Beet Salad Tropical Fruit Whole Grain Dinner Roll</p> <p>MENU IS SUBJECT TO CHANGE</p> <p>1% or Skim Milk Served Daily</p>

<p>MENU IS SUBJECT TO CHANGE</p> <p>1% or Skim Milk Served Daily</p>	<p>1 Fish Patty on a WW Bun w/Tartar Sauce Confetti Rice Peas & Carrots Broccoli Salad Tropical Fruit</p>	<p>2 Macaroni & Cheese Stewed Tomatoes Tossed Salad w/ Dressing Grapes Whole Grain Dinner Roll</p>	<p>3 Savory Pork Roast Mashed Potatoes Italian Green Beans Cranberry Salad 12 Grain Bread</p>	<p>4 Beef Stew Carrots Bean & Spinach Salad Baked Apple Slices Whole Grain Biscuit</p>
<p>7 Turkey Rice Casserole Mixed Vegetables Pears w/Blueberries Chickpea Salad Whole Grain Muffin</p>	<p>8 Stuffed Shells Spinach Tossed Salad w/ Dressing Peaches w/ Raspberries Whole Grain Garlic Roll</p>	<p>9 BBQ Beef on a WG Bun Potatoes O'Brien Green Beans Fruit Ambrosia</p>	<p>10 Layered Cabbage Casserole Harvard Beets Molded Green Salad Whole Grain Banana Muffin</p>	<p>11 Sweet & Sour Pork over Brown Rice Broccoli Mandarin Oranges Fruited Jello</p>
<p>14 Chicken Primavera California Blend Vegetables Cinnamon Applesauce Cranberry Juice Whole Grain Dinner Roll</p>	<p>15 Apricot Pork Loin Sweet Potatoes & Apples Calico Salad Strawberries w/Whipped Topping Whole Grain Dinner Roll</p>	<p>16 Vegetable Lasagna Carrots Tossed Salad w/ Dressing Tropical Fruit Whole Grain Garlic Roll</p>	<p>17 Breadcrumb Crusted Fish Potato Salad Mixed Vegetables Fresh Banana Whole Grain Muffin</p>	<p>18 Shepherd's Pie Green Beans Pea & Beet Salad Pears w/ Blueberries Whole Grain Dinner Roll</p>
<p>21 Spaghetti w/ Meatballs Wax Beans Low Sodium V8 Juice Pineapple Whole Grain Garlic Roll</p>	<p>22 Turkey a la King over a Whole Grain Biscuit Vegetable Blend Chickpea Salad Fruit Fluff</p>	<p>23 Parmesan Crusted Fish Rice Pilaf Broccoli Pea & Beet Salad Mandarin Oranges Whole Grain Dinner Roll</p>	<p>24 Chicken Italian Baked Beans Squash Molded Apricot Salad Whole Grain Dinner Roll</p>	<p>25 Swiss Steak Brown Rice Succotash Molded Green Salad Fruit Cocktail</p>
<p>28 Hawaiian Ham Yams Brussels Sprouts Fresh Apple 12-Grain Bread</p>	<p>29 Spanish Rice Mixed Vegetables Cottage Cheese w/ Pineapple Watermelon Whole Grain Dinner Roll</p>	<p>30 Roast Pork w/ Sauerkraut Parsley Buttered Potatoes Peas & Onions Celery, Carrot, Apple Salad Whole Grain Berry Muffin</p>	<p>31 Sloppy Joe on a Whole Wheat Bun Mashed Potatoes Normandy Vegetable Blend Baked Apple Slices w/ Cinnamon</p>	