

June 2009- Elder Menu

Folks on Home Delivered Meals -when you are **not going to be home**

Call us **24 hours before so** we can let the kitchen know not to prepare your meal.

Cashiers Nutrition site 743-9215 or Dept. on Aging



Tuesday	Wednesday	Thursday
2 Turkey Diane Wild Rice Baked Eggplant Fruited Gelatin WW Bread	3 Seafood au Gratin Baked Potato Baby Carrots Strawberries & Bananas WW Bread	4 Roast Beef Duchess Potatoes Broccoli Spears Fresh Orange Wedges WW bread
9 Cornflake Chicken Baked Sweet Potato Zucchini Fresh Fruit Gingerbread w/Topping WW Bread	10 Country Fried Steak w/Gravy Mashed Potatoes Seasoned Carrots Forest Pears Fresh Fruit WW Bread	11 Marinated Chicken Au Gratin Potatoes Seasoned Greens Fresh Fruit Pudding Swirl WW Bread
16 Seafood Patty Noodles Jefferson Seasoned Carrots Fresh Fruit Pudding WW Bread	17 Roast Beef Mashed Potatoes w/Gravy Seasoned Greens Sliced Peaches WW Bread	18 BBQ Chicken Black-eyed Peas Green Beans Fresh Fruit WW Bread
23 Sliced Ham Seasoned Beans Stewed Cabbage Fresh Fruit Iced Brownie	24 Country Fried Chicken Mashed Potatoes w/Gravy Scandinavian Vegetables Sliced Apples WW Bread	25 Herbed Turkey Succotash Squash Medley Fresh Fruit Fruited Gelatin WW Bread
30 Marinated Pork Roast Seasoned Lima Beans Glazed Carrots Stewed Apples/Raisins WW Bread		