

JUNE 2009 Sylva Senior Menu

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

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

Sylva Kitchen site 586-6710 *** Dept on Aging 586-8562

Congregate-***RSVP REQUIRED-586-6710***

Monday	Tuesday	Wednesday	Thursday	Friday
1 Meatloaf w/ Gravy Mashed Potatoes 4-way Vegetables Apple Cobbler Biscuit	2 Roast Beef Potatoes, Carrots, Onions Corn Fruit Cocktail Roll	3 Pork Chops w/ Gravy Creamed Rice Squash Spiced Apples Roll	4 Open Faced Turkey Sandwich Mashed Potatoes Carrots Pineapple Tidbits	5 Baked Chicken Pasta Alfredo Broccoli Mandarin Oranges Roll
8 Chicken Cacciatore Rice Brussel Sprouts Peaches Roll	9 Pork Roast Steamed Potatoes Carrots Mandarin Oranges Roll	10 Chicken Parmesan Pasta Marinara Broccoli Applesauce Roll	11 Country Fried Steak Mashed Potatoes Boiled Cabbage Fruit Cocktail Roll	12 Chicken Salad Sandwich w/ Lettuce & Tomato Potato Salad Ambrosia
15 Pot Roast Scalloped Potatoes Vegetable Blend Mandarin Oranges Rice	16 Chicken Pot Pie Green Beans Spiced Apples Sugar Free Cookie Roll	17 Black Eyed Peas Greens Mac and Cheese Peaches Roll	18 Beef Stroganoff Pasta Green Peas Pears Halves Roll	19 Baked Ham Sweet Potatoes Beets Fruit Cocktail Roll
22 Chicken & Dumplin's Lima Beans Creamed Corn Applesauce Roll	23 Salisbury Steak Mashed Potatoes Brussel Sprouts Pineapple Tidbits Roll	24 Mushroom Chicken Rice Pilaf Sugar Snap Peas Fruit Cocktail Roll	25 Pork Loin w/ Apples Roasted Potatoes Creamed Corn Pears Roll	26 Beef Lasagna Broccoli Garden Salad Garlic Breadsticks Spiced Apples
29 Meatloaf w/Gravy Mashed Potatoes 4-way Vegetables Apple Cobbler Biscuit	30 Roast Beef Potatoes, Carrots, Onions Corn Fruit Cocktail Roll			