



June 2023 Meals on Wheels Menu



Kane Center

<p>NOTE: MEALS SERVED WITH 2% MILK MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>		<p>WE VALUE YOUR OPINION!! PLEASE CALL US AT 223-7825 OR 223-7826 WITH YOUR FEEDBACK. WE WOULD LOVE TO HEAR FROM YOU!</p>	<p>Thursday 6/1/23 CHICKEN A' LA KING RICE* CORN NIBLETS+ BROCCOLI AND CARROTS BREAD CINNAMON APPLES+ MARGARINE MILK</p>	<p>Friday 6/2/23 BEEF PATTY MELT with onions & cheese CRISPY POTATO CUBES SPINACH* BREAD ORANGE + MARGARINE MILK</p>	
<p>Monday 6/5/23 CHICKEN IN WINE SAUCE RICE* SAUTEED GREEN BEANS+ BREAD PINEAPPLE TIDBITS+ MARGARINE MILK</p>	<p>Tuesday 6/6/23 MEAT & CHEESE LASAGNA SAUTEED CARROTS* SLICED PEACHES* MARGARINE BREAD MILK</p>	<p>Wednesday 6/7/23 MEATLOAF MASHED POTATOES CHOPPED SPINACH* BREAD MANDARIN ORANGES+ MARGARINE MILK</p>	<p>Thursday 6/8/23 SOUTHERN PULLED PORK BBQ BAKED BEANS SAUTEED COLLARD GREENS*+ BREAD SLICED PEACHES* MARGARINE MILK</p>	<p>Friday 6/9/23 POLISH SAUSAGE SAUERKRAUT+ POTATOES & BAKED BEANS HOT DOG ROLL PINEAPPLE TIDBITS* MARGARINE MILK</p>	
<p>Monday 6/12/23 BEEF STROGANOFF BUTTERED NOODLES CALIFORNIA BLEND*+ BREAD FRUIT CUP+ MARGARINE MILK</p>	<p>Tuesday 6/13/23 BBQ CHICKEN QUARTERS (BONE IN) SWEET POTATO* SAUTEED GREEN BEANS+ BREAD PEARS + MARGARINE MILK</p>	<p>Wednesday 6/14/23 BAKED HAM ROAST YAMS* COLLARD GREENS+ BREAD APPLE SAUCE+ MARGARINE MILK</p>	<p>Thursday 6/15/23 CHICKEN CACCIATORE PASTA MIXED VEGETABLES*+ BREAD BANANA+ MARGARINE MILK</p>	<p>Friday 6/16/23 CHILI OVER RICE CORN NIBLETS+ BRAISED SPINACH* BREAD MANDARIN ORANGES+ MARGARINE MILK</p>	
<p>Monday 6/19/23 ROSEMARY PORK GARLIC HERB POTATOES CORN ON THE COB+ BREAD FRUIT COCKTAIL+ MARGARINE MILK</p>	<p>Tuesday 6/20/23 SWEET AND SOUR CHICKEN RICE ORIENTAL VEGETABLES+ BREAD APPLE SAUCE+ MARGARINE MILK</p>	<p>Wednesday 6/21/23 SALISBURY STEAK RED GARLIC POTATOES CARROTS BREAD CINAMMON APPLES+ MARGARINE MILK</p>	<p>Thursday 6/22/23 BACON MAC & CHEESE ZUCCHINI BABY GREEN PEAS+ BREAD CINAMMON APPLES+ MARGARINE MILK</p>	<p>Friday 6/23/23 CHICKEN ENCHILADAS RICE CORN BROCCOLI AND CARROTS*+ BREAD CINNAMON APPLES+ MARGARINE MILK</p>	
<p>Monday 6/26/23 MEATBALL MARINARA SPAGHETTI CAULIFLOWER FLORETS + SPRING SQUASH BREAD PEARS+ MARGARINE MILK</p>	<p>Tuesday 6/27/23 LEMON CHICKEN RICE* CORN ON THE COB+ PEAS AND CARROTS BREAD PINEAPPLE TIDBITS+ MILK</p>	<p>Wednesday 6/28/23 BEEF STEW MASHED POTATOES BABY GREEN PEAS BREAD BANANA+ MARGARINE MILK</p>	<p>Thursday 6/29/23 CHICKEN PARMESAN W/PASTA SUMMER SQUASH MIXED VEGETABLES *+ BREAD FRUIT CUP+ MARGARINE MILK</p>	<p>Friday 6/30/23 GROUND BEEF MAC & CHEESE ZUCCHINI BABY GREEN PEAS + BREAD CINNAMON APPLES+ MARGARINE MILK</p>	
<p>Meal Pattern Requirement: (Meals provide a minimum of 1/4 RDA).</p>		<p>Meat or alternative = 4oz cooked, edible portion Vegetables and Fruit= 4(1/1) portions Bread or equivalent = 1 serving Fat = 1 teaspoon</p>		<p>*denotes vitamin A requirement +denotes vitamin C requirements</p>	