

# Friendly Meals Menu

June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken & biscuit Spinach Cauliflower Apple Crisp	Oven-fried chicken breast Whipped Potatoes Beets Wheat bread Mixed fruit	Goulash Broccoli Wheat roll Spiced pears	Summer beef steak w/ cheddar and BBQ sauce Baked beans Marinated broccoli, cauliflower & carrots Dinner roll Craisin date cookie	Turkey au gratin Mixed beans Biscuit Seasonal fruit
Chicken breast w/ honey ginger glaze Confetti rice Asian blend vegetables Wheat roll Strawberry applesauce	Pork roast Horseradish brown sauce Rosemary roasted potatoes Green beans Wheat bread Pumpkin w/ pineapple	Chicken chow mein Capri blend vegetables Chow mein noodles Brown rice pilaf Pineapple tidbits	Cheese rollete Florentine sauce Peas & carrots Wheat roll Pumpkin cookie	Taco meat Taco sauce Mexican corn Pinto beans Flour tortilla x 2 Orange
Balsamic chicken Garlic rotini w/ tomatoes Brussel sprouts Wheat roll Seasonal fruit	Pernil - pulled pork Home fries Slide carrots Hamburger bun Mixed fruit	Beef steak Home fries Peas & carrots Wheat bread Pumpkin chip cookie	Salisbury steak w/ steakhouse sauce Whipped potatoes Garden blend vegetables Whole wheat bread Gelatin w/ fruit	Shepard's pie Diced carrots Wheat bread Peaches
Beef stew Peas & corn Whole grain biscuit Applesauce muffin	Chicken breast w/ cacciatore sauce & tomatoes Egg noodles Diced beets Wheat roll Pears	Chicken breast BBQ sauce Baked beans Broccoli Applesauce Wheat bread	Pork roast Mushroom gravy Ranch beans Mixed vegetables Wheat bread Pineapple tidbits	Meatballs in marinara Cavatappi pasta Spinach Wheat bread Gelatin w/ oranges
Chicken breast Poultry gravy Brussel sprouts Mixed vegetables Wheat roll Seasonal fruit	Mild chili Rice pilaf Green peas w/ pearl onion Cornbread Peaches			

Milk and bread are served with meals. A dietetic dessert is available upon request. The menu is subject to change.

Questions? Contact Erik Baker, Associate Director of Community Programs, at 603-352-2253