



# ECC MENU - - JUNE



Menus for Meals on Wheels. Also for **Monday, Tuesday, and Thursday, Friday lunches** at the Center \$4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>Chicken Mushroom Pasta Bake</b> Dilled Carrots Peas Butterscotch Pudding Ranch Dressing	<b>2</b> <b>Chicken &amp; Lentil Santa Fe Bake</b> Green Beans Creamy Coleslaw Potato Wheat Roll Peaches	<b>3</b> <b>Beef &amp; Black Bean Chili</b> Steamed Spinach Tossed Salad Raspberry Vinaigrette Whole Wheat Roll Peach Crisp	<b>4</b> <b>Ground Beef Stew</b> Country Trio Blend Marinated Zucchini Salad Seven Grain Roll Gelatin Jewels w/ Whip Topping	<b>5</b> <b>Turkey Rice Bake</b> Peas & Carrots Spinach Romaine Salad w/ Thousand Island Dressing Pumpkin Bar
<b>8</b> <b>Meatloaf Sandwich,</b> Dijonnaise Sauce Shredded Lettuce Lentil Soup Carrot Coleslaw Whole Wheat Bread Golden Fruit Cup	<b>9</b> <b>Breaded Chicken Patty</b> Poultry Gravy Whipped Potatoes Brussel Sprouts French Bread Banana Cake w/ Frosting	<b>10</b> <b>Diced Beef Stroganoff w/ Pasta</b> California Blend Veg Garden Veg Salad French Dressing White Dinner Roll Vanilla Pudding	<b>11</b> <b>Spaghetti w/Meat Sauce</b> Bean Medley Veg Spinach Romaine Salad Italian Dressing Cornmeal Roll Seasonal Fresh Fruit	<b>12</b> <b>HS Pork Patty</b> Pork Gravy Whipped Potatoes Broccoli Lime Square
<b>15</b> <b>Waikiki Chicken</b> Brown Rice Hawaiian Carrots Oregon Bean Medley Coconut Treasure Cake Ranch Dressing	<b>16</b> <b>Turkey Salad (1/2 sandwich)</b> Cream of Broccoli Soup Country Coleslaw Whole Wheat Bread Pineapple Tidbits	<b>17</b> <b>Pork Choppie</b> w/Hungarian Sauce Colcannon Potatoes Scandanavian Blend Vegetables Whole Wheat Bread Zucchini Brownie	<b>18</b> <b>Garden Chicken Mini Salad</b> Ranch Dressing Spinach Romaine Cream of Cauliflower Soup White Dinner Roll Spiced Peaches	<b>19</b> <b>HS Turkey Patty</b> Poultry Gravy Chantilly Potatoes Green Beans w/Red Peppers Whole Wheat Bread Cherry Whip
<b>22</b> <b>Meatloaf</b> Brown Gravy Whipped Potatoes w/Gravy Capri Blend Vegetables Rye Wheat Bread Strawberry Ice Crm	<b>23</b> <b>Roast Turkey w/Gravy</b> Creamed Potatoes Succotash Squash Bread Spice Cake w/ Frosting	<b>24</b> <b>Chicken Lo Mein</b> Broccoli Marinated Spring Vegetable Salad Whole Wheat Bread S'more Pudding	<b>25</b> <b>Lima Beans and Turkey Ham</b> Country Trio Blend Spinach Romaine Salad Italian Dressing Cornmeal Roll Grace's Choc. Bar	<b>26</b> <b>Breaded Beef Steak</b> Country Gravy Delmonico Potatoes Mixed Vegetables Rhubarb Applesauce
<b>29</b> <b>Sloppy Joe</b> Carrots Broccoli, Craisin Cauliflower, Salad Hamburger Bun Seasonal Fresh Fruit	<b>30</b> <b>Chicken Caesar Salad</b> Spinach Romaine Split Pea Soup Whole Wheat Roll Spiced Peaches	<div style="border: 1px solid black; height: 100px; width: 100%;"></div>		