


Mizell Senior Center's
Café 480 ~ June 2017
Open Daily ~ 11:00am to 12:15pm



Monday	Tuesday	Wednesday	Thursday	Friday
May 29 Mizell CLOSED 	30 Beef Enchiladas Black Beans & Rice Zucchini Dessert	31 Roast Turkey Corn Bread Dressing Pan Gravy Green Beans Sweet Potato Dessert	June 1 Meatloaf Dinner Scalloped Potatoes Winter Blend Vegetables Wheat Roll	2 Baked Cod Brown Rice Pilaf Carrots Wheat Roll Dessert
5 Chicken Tamale Pie Green Beans Churros	6 Hamburger Lettuce & Tomato Tater Tots Coleslaw Dessert	7 Chicken Parmesan Fettuccini Cauliflower Blend Wheat Roll Dessert	8 Salisbury Steak Mashed Potatoes Mixed Vegetables Wheat Roll Dessert	9 Albacore Tuna Salad Tomato Wedges Salad Dressing Wheat Roll Dessert
12 Beef Lasagna Italian Vegetables Wheat Roll Dessert	13 BBQ Chicken Creamed Spinach Western Corn Wheat Roll Dessert	14 Beef & Cheese Enchilada Tomato & Zucchini Aztec Rice Dessert	15 Baked Ziti with Italian Sausage Broccoli Wheat Roll Dessert	16 Bacon-Lettuce-Tomato Chicken Pasta Salad with Crackers Hard Boiled Egg Dessert
19 Beef Chili Colorado Carrots Brown Rice Corn Bread Dessert	20 Chicken Cacciatore Penne Pasta Lima Beans Garlic Bread Dessert	21 Beef Sloppy Joes Coleslaw Wheat Bun Tater Tots Dessert	22 Asian Chicken Stir fried Veggies Whole Grain Noodles Hawaiian Roll Dessert	23 Vegetable Lasagna Corn Black Beans Wheat Roll Dessert
26 Cheese Ravioli Marinara Sauce Broccoli Garlic Bread Dessert	27 Chicken & Rice Casserole Green Salad Wheat Roll Dessert	28 Salisbury Steak Boiled Potatoes Carrots Wheat Roll Dessert	29 Baked Ham with Pineapple Scalloped Potato Vegetable Blend Wheat Roll Dessert	30 BBQ Chicken Rice Pilaf Broccoli Wheat Roll Dessert

Menu is subject to change without notice

Dessert = Fruit Cup or Pastry

760-323-5689

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www.mizell.org