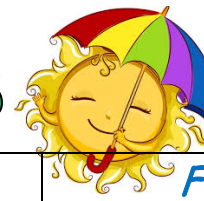









Mizell Senior Center June 2018



Monday	Tuesday	Wednesday	Thursday	Friday
 = High Sodium Meal				<u>1</u> Baked Cod Brown Rice Pilaf Carrots, Wheat Roll Milk
<u>4</u> Chicken Tamale Pie  Green Beans Churros Orange, Milk	<u>5</u> Hamburger Lettuce & Tomato Tater Tots Coleslaw Apple, Milk	<u>6</u> Chicken Parmesan Fettuccini Cauliflower Blend Wheat Roll Banana, Milk	<u>7</u> Salisbury Steak Mashed Potatoes Gravy Mixed Vegetables Diced Peaches, Milk	<u>8</u> (Entrée Salad) Albacore Tuna Salad Tomatoes Wedges Salad Dressing, Roll Milk
<u>11</u> Beef Lasagna Garlic Bread Italian Vegetables Orange, Milk	<u>12</u> BBQ Chicken Creamed Spinach Western Corn Wheat Roll Apple Sauce, Milk	<u>13</u> Beef & Cheese Enchilada Mixed Vegetables Aztec Rice Diced Peaches, Milk	<u>14</u> Baked Ziti with Italian Sausage Broccoli Wheat Roll Banana, Milk	<u>15</u> (Entrée Salad) Bacon-Lettuce-Tomato Chicken Pasta Salad with Crackers Hard Boiled Egg Milk
<u>18</u> Chili Colorado - Beef Carrots Brown Rice Corn Bread Banana, Milk	<u>19</u> Chicken Cacciatore Penne Pasta Lima Beans, Garlic Bread Apple Sauce, Milk	<u>20</u> Sloppy Joe - Beef  Coleslaw Wheat Bun Tater Tots Diced Peaches, Milk	<u>21</u> Asian Chicken Stir fried Veggies Noodles WG Hawaiian Roll Orange, Milk	<u>22</u> Vegetable Lasagna Corn & Black Beans Wheat Roll Milk
<u>25</u> Cheese Ravioli Marinara Sauce Broccoli Garlic Bread Orange, Milk	<u>26</u> Herb Baked Chicken Green Salad Wheat Roll Banana, Milk	<u>27</u> Salisbury Steak Boiled Potatoes Carrots Wheat Roll Peaches, Milk	<u>28</u>  Baked Ham with Pineapple Scalloped Potato Vegetable Blend Wheat Roll Cookie, Milk	<u>29</u> BBQ Chicken Rice Pilaf Broccoli Wheat Roll Milk