

SENIOR CITIZENS MENU JUNE 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Salisbury Steak Whole New Potatoes Mixed Vegetables Banana Pudding Dinner Roll	2 Meatball Stroganoff served over Egg Noodles Seasoned Green Beans Sliced Pears Lemon Gelatin Cake Dinner Roll	3 Sliced Ham Black-eyed Peas Yellow Squash Fruited Gelatin Cornbread/Butter	4 Chicken Fried Steak with Peppered Gravy Whipped Potatoes Sliced Carrots Cherry Jubilee Dinner Roll
7 Swiss Steak Steamed Corn Green Beans Chilled Mixed Fruit Whole Wheat Bread	8 Spaghetti with Meat Sauce Chopped Broccoli Chilled Apple Juice Garlic Bread Butterscotch Pudding Swirl	9 Chicken Salad on a Croissant Potato Chips Pickle Slices (3) Fresh Strawberries Chocolate Cake	10 Mexican Casserole Salsa, Sour Cream, Jalapenos Steamed Corn Pineapple Chunks Sugar Cookies	11 Peppered Beef Tips served over White Rice Yellow Squash Lime Whip Dinner Roll
14 Chicken Strips with Cream Gravy Whipped Potatoes California Vegetables Apricot Halves Whole Wheat Bread	15 Fried Fish with Tartar Sauce Macaroni and Cheese Diced Peaches Carrot Cake Whole Wheat Bread	16 Tuna Salad Plate with Lettuce, Pickle Spear, Sliced Pineapple Spiced Beets Bread Pudding with Rum Sauce Saltine Crackers	17 Chicken Spaghetti Fried Okra Sliced Pears Ice Cream Whole Wheat Bread	18 Father's Day/Juneteenth Pulled Pork BBQ on a Bun Sliced Onion, Pickle Spear Pinto Beans Creamy Coleslaw Buttermilk Pie Whole Wheat Bread
21 Sliced Ham Corn Pudding Turnip Greens Tropical Fruit Salad Dinner Roll	22 Hamburger on a Bun Lettuce, Tomato, Pickle, Onion French Fried Potatoes Mustard, Ketchup, Mayonnaise Chilled Juice Fruited Gelatin	23 Pepper Steak Baked Potato with Sour Cream Yellow Squash Coconut Pie Whole Wheat Bread	24 Idaho Taco with Taco Meat and Cheese Sour Cream, Salsa, Jalapenos Steamed Corn Chilled Fruit Sherbet	25 Savory Meatloaf Sliced New Potatoes Creamy Cucumber Salad Lemon Cake Whole Wheat Bread
28 Teriyaki Chicken served over Rice Green Peas Pineapple Chunks Chocolate Chip Cookies Eggroll	29 BBQ Sausage Au Gratin Potatoes Mixed Greens Spice Cake Whole Wheat Bread	30 Creole Chicken served over Rice Fried Okra Sliced Peaches Blueberry Muffin Whole Wheat Bread		

ROSE PARK SENIOR CENTER
LUNCH SERVED 11:30 A.M. TO 12:30 P.M.

COBB, G.V. DANIELS, SEARS
LUNCH SERVED 11:30 A.M. TO 12:15 P.M.

MENUS SUBJECT TO CHANGE WITHOUT NOTICE