



WE ARE  
**Meals On Wheels**  
*So no senior goes hungry.*

**June  
 2023 Menu**

**To cancel your meal, please call  
 321-639-8770**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>All Meals Are Served with 1% Milk</b>  <b>*Contains Pork</b>			<b>June 1</b> Chicken Breast w/ BBQ Sauce *Pork & Beans Peaches & Pears WW Biscuit	<b>June 2</b> Pollack w/ Seafood Sauce Mashed Sweet Potatoes Confetti Corn Pineapple WW Roll
<b>June 5</b> *BBQ Pork on WG Bun Brown Rice w/ Diced Carrots Collard Greens Grapes	<b>June 6</b> Sloppy Joe Black Beans Raisins Peach Cobbler WW Hamburger Bun	<b>June 7</b> Kielbasa w/ Peppers, Onions & Diced Potatoes Beets Fruit Cocktail WW Roll	<b>June 8</b> Chicken Parmesan Penne Pasta Sliced Carrots Banana WW Roll	<b>June 9</b> Salisbury Steak w/ Mushroom Gravy Whipped Potatoes Succotash Pears WW Roll
<b>June 12</b> Penne Pasta Homemade Meat Sauce Italian Green Beans Diced Peaches WW Roll	<b>June 13</b> Chicken Florentine Rice Pilaf Peas, Corn & Green Beans Fruit Cocktail WW Roll	<b>June 14</b> *Beer Bratwurst Steamed Cabbage German Potato Salad Cinnamon Applesauce WW Roll	<b>June 15</b> Hamburger Lettuce, Tomato & Onion WW Bun Home Fried Potatoes Pineapples, Pears & Melon	<b>June 16</b> Breaded White Fish w/ Tartar Sauce Yellow Rice Herb Carrots Brownie Tropical Fruit WW Roll
<b>June 19</b> Swedish Meatballs Penne Creamy Broccoli & Cauliflower Floret Bake Pears WW Roll	<b>June 20</b> Sliced Turkey w/ Gravy Savory Stuffing Brussel Sprouts Apple Cranberry Delight WW Roll	<b>June 21</b> Breaded Chicken Breast Brown Rice *Turnip Greens w/ Bacon Diced Peaches Cornbread	<b>June 22</b> *Diced Ham & Cheese Sauce on a Baked Potato Green Peas Pineapple WW Roll	<b>June 23</b> Shepherds Pie Lima Beans Grapes WW Roll
<b>June 26</b> *Apple Cider Pork Loin Puerto Rican Rice Broccoli Diced Peaches WG Biscuit	<b>June 27</b> Cheeseburger w/ onion WW Bun Baked Beans Green Beans Vanilla Pudding Cinnamon Apples	<b>June 28</b> Chicken Lo Mein Asian Vegetable Mix Pears WW Roll	<b>June 29</b> Hungarian Goulash Mashed Potatoes Peas Orange Wedges WG Biscuit	<b>June 30</b> *BBQ Pork Riblet Grits Mixed Vegetables Banana WW Roll

APPROVED: *[Signature]*

DATE: 5/24/2023