

June 2019

Note: All meals include milk and bread (if not listed on the day). Meals are for those 60+ years old. Exemptions apply, but need to be approved. Please call the Nutrition Coordinator for more information. 608-297-3146

Add LIFE Senior Dining Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Corned Beef Baby Bakers Rutabagas and Cabbage Pineapple with Dip	4 Lobster Ravioli Stewed Tomatoes & Zucchini Broccoli and Dip Ambrosia	5 Turkey and Gravy over Brown Rice & Vegetables Cranberry Sauce Bean Medley Cake	6 Ham and Broccoli Cass Peas and Carrots Creamed Cucumbers Rhubarb Crisp	7 Beef and Pasta Primavera Confetti Corn Loaded Side Salad Berries
10 Evening Meal Seafood Salad Sandwich On Lettuce Leaf Broccoli cauliflower Salad Fruit Punch /Craisins Jell-O Cake	11 Mexican Veggie Noodle Spaghetti Edamame Spinach Salad Fruited Pudding	12 BBQ Country Style Ribs Mashed Potatoes Capri Blend Veggies Trail Mix Baker's Choice	13 Cooks Choice Carrots and Dip Muffin	14 Meatloaf Seasoned Diced Red Potato French Style Green Beans Cherry Tomatoes Jell-O
17 Veggie & Cheese Egg Bake Sausage Gravy over Biscuit Hash browns and Quinoa Cranberry Juice Oranges	18 Sweet and Sour Pork Garden Blend Rice Oriental Blend Vegetables Hong Kong Salad Cookie	19 Chicken and Dumplings Squash Brussel Sprouts V-8 Juice Brownie	20 Cheeseburger Calico Corn & Black Beans Lettuce Leaf and Tomato Potato Salad Cake	21 Italian Sausage with Peppers & Onions Roasted Pasta with Vegetables Country Blend Vegetables Strawberry Shortcake
23 Chicken Breast Sweet Potato Noodle Green Beans Juice Dessert Bar	24 Sunshine Salad Lettuce, Spinach, Diced Ham, Eggs, Peas, Garbanzo Beans, Cheese Fruited Cheesecake	25 Swiss Steak Citrus Brown Rice with Apples & Green Beans Carrots Citrus Cup	26 Turkey Carbonara Broccoli Cottage Cheese & Tomatoes On lettuce leaf Croissant Raisin Swirl	27 Mini Corn Dogs Tater Tots Asparagus V8-juice Blueberry Cobbler

