

June 2021

To access ingredient content, call Senior Resources at 419-898-6459
 REHEATING MEALS: If the tray is still sealed, puncture a hole in section to vent.
 Heat for 1.5 to 2 minutes, depending on your appliances power level.

Mon	Tue	Wed	Thu	Fri
	1 Ham & Cheese Quiche Alt: Cheese Quiche Fried Potatoes Berry Applesauce Tomato Juice - Muffin	2 Homemade Lasagna Buttered Peas Lettuce Salad Fresh Fruit Cup Garlic Toast 	3 Dijon Chicken Potato Medley Herb Glazed Carrots Pears Wheat Roll	4 Pork Chop w/Gravy Mashed Sweet Potatoes Creamed Spinach Pineapple White Roll
7 Smoked Sausage & Sauerkraut Alt: Breaded Fish German Potato Salad Orange Wedges Wheat Roll	8 Baked Ziti Cauliflower Caesar Salad Fruited Gelatin Garlic Toast 	9 Chicken Cordon Bleu Alt: No Ham Duchess Potatoes Brussels Sprouts Peaches - White Roll	10 BBQ Pork Chop Mashed Potatoes/Gravy Sautéed Zucchini Grapes Wheat Roll 	11 Sloppy Joe Cheesy Potatoes Coleslaw Fruit Medley 
14 Herb Marinated Chicken Oven Roasted Potatoes Capri Blend Fruit Cocktail Wheat Roll	15 Italian Sub Sandwich <i>Lettuce/Tomato/Onion</i> Alt: Turkey Sub Roasted Red Pepper Soup Creamy Cucumber Salad Pears - Crackers	16 Beef Teriyaki with Veggies Over Brown Rice Sugar Snap Peas Pineapple Wheat bread 	17 Chicken Tenders w/Honey Mustard Dipping Sauce Potato Wedges Pickled Beet Fresh Fruit - Wheat Roll	18 Fire Braised Pork Mashed Potatoes & Gravy California Blend Mixed Melon White Roll
21 <i>Father's Day (Sunday)</i> Bourbon Chicken Redskin Mashed Potatoes Tarragon Green Beans Cantaloupe Wheat Dinner Roll 	22 Smothered Pork Chop Macaroni & Cheese Broccoli Bettys Salad Strawberries - Wheat Bread	23 Citrus Glazed Turkey Baked Potato/Sour Cream Baby Carrots Pears Wheat Roll <i>Oak Harbor & Genoa Bday</i>	24 Taco Salad w/Sour Cream w/Black Beans & Corn Salsa & Tortilla Chips Fruited Gelatin <i>Elmore/ Bday Treat</i>	25 Deli Sandwich w/Cheese Alt: Turkey Sandwich <i>Lettuce/Tomato/Onion/Pickle</i> Dill Pickle Soup/Crackers Creamy Cucumber Salad Pineapple <i>HDM/Danbury Bday Treat</i>
28 Cabbage Roll Mashed Potatoes/Gravy Succotash Peaches Cheese Cubes - Wheat Roll	29 Meatball Sub Potato Wedges Green Beans Pineapple 	30 Ham & Cheese Sandwich Alt: Turkey & Swiss Potato Salad Tomato Basil Soup Mandarin Oranges Crackers		