






June 2025 Seniors' CHOICE menu

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Steak Hoagie w/ Gravy - 9302 <i>(ch b) grilled chicken breast ch7026</i> Potato Wedges Baked Beans Hoagie Bun Fresh Apple Diet: same	Lemon Pepper Fish - 9033 w/ Tartar Sauce <i>(ch b) chicken tenders ch7009</i> Brown Rice Scandinavian Veggies (2 servings) Mandarin Oranges Wheat Bread / Margarine Diet: same	Macaroni & Cheese - 9130 <i>(ch b) fish sticks w/ tartar sauce - ch7024</i> Green Beans Stewed Tomatoes Pears Wheat Bread (2 slices) Margarine Diet: same	Turkey Sandwich on Wheat - 9032 <i>(ch b) ham sandwich on wheat ch7044</i> Potato Salad Coleslaw Fruit Cocktail Mayo (for turkey only) Mustard (for ham only) Diet: same	Orange Chicken - 9105 <i>(ch b) baked fish - ch7048</i> Brown Rice Green Beans Carrots Peaches Wheat Bread / Margarine Diet: same 
9	10	11	12	13
Chicken Fajita Bowl - 9004 <i>(ch b) Taco Bowl ch7010</i> Brown Rice Pinto Beans Chuckwagon Corn Hot Apple Crumble Corn Chips Sour Cream Diet: same	Roast Pork Loin w/ Gravy - 9115 <i>(ch b) chicken w/gravy ch7008</i> Brown Rice Vegetable Medley (2 servings) Tropical Fruit Salad Wheat Bread (2 slices) Margarine Diet: same	Summer Salad - 9070 w/ diced Eggs, Shredded Cheese, Grape Tomatoes, Broccoli Floret, Wheat Roll / Margarine Ranch Dressing <i>(ch b) beef & noodles w/gravy</i> <i>green beans, diced carrots ch7052</i> Grape Juice 100% Animal Crackers Diet: same	Salisbury Steak w/Mushroom Gravy - 9029 <i>(ch b) chicken w/gravy ch7008</i> Parslied Potatoes Mixed Vegetables Pineapple Tidbits Wheat Bread (2 slices) Margarine Diet: same 	Father's Day Celebration Italian Chicken - 9042 w/ No Salt Added Marinara Spaghetti <i>(ch b) grilled cheese sandwich ch7063</i> Italian Vegetables Peas Sliced Strawberries Pound Cake Diet: same
16	17	18	19	20
Fish Sticks w/ Tartar Sauce - 9028 <i>(ch b) macaroni & cheese ch7065</i> Peas Potato Wedges Pears Wheat Bread (2 slices) Margarine Diet: same	Ham Sandwich on White - 9125 <i>(ch b) roast beef sandwich on white ch7031</i> 3 Bean Salad Potato Salad Fruit Cocktail Mustard (for ham only) Horseradish (for roast beef only) Diet: same	BBQ Beef - 9051 <i>(ch b) grilled chicken breast ch7026</i> Peas & Onions Peaches w/ Oat Topping Cole Slaw Bun Diet: same	Popcorn Chicken Bowl - 9006 <i>(ch b) meatloaf w/ gravy ch7016</i> Mashed Potatoes w/ Cheese & Corn Green Beans Baked Cinnamon Apples Biscuit & Margarine Diet: same 	Spaghetti & Meatballs - 9035 w/ Marinara & Parmesan <i>(ch b) chicken alfredo w/ broccoli ch7067</i> Italian Vegetables Spinach / Vinegar Fruit Punch 100% Sponge Cake Diet: same 
23	24	25	26	27
Chicken & Potato Casserole - 9315 <i>(ch b) roast beef & gravy ch7025</i> California Blend Vegetables (2 servings) Mixed Berry Applesauce Wheat Bread (2 slices) Margarine Diet: same	Sloppy Joe - 9060 <i>(ch b) chicken bbq ch7002</i> Peas Chuckwagon Corn Bun Peaches Diet: same	Chicken Caesar Salad w/ Parmesan & Croutons Marinated Cucumbers & Onions <i>(ch b) spaghetti & meatballs w/ marinara,</i> <i>parmesan, italian vegetables, & spinach</i> Pears Dinner Roll / Margarine Cinnamon Teddy Grahams Diet: same	Hawaiian Pineapple Ham - 9094 <i>(ch b) pineapple topped chicken ch7013</i> Roasted Sweet Potatoes Peas Tropical Fruit Salad Wheat Bread (2 slices) Margarine Diet: same	Hamburger - 9071 <i>(ch b) hot deli ham ch7005</i> w/ White American Cheese slice Potato Wedges Broccoli Bun Pineapple Tidbits Mustard / Ketchup
30				
Meatloaf w/ Gravy - 9072 <i>(ch b) roast turkey w/ gravy ch7002</i> Mashed Potatoes Carrots Mandarin Oranges Wheat Bread (2 slices) Margarine Diet: same		 First Day of Summer - June 20th	Complete Meal Meets 1/3 DRI for Older Americans and Complies with the Dietary Guidelines for Americans 2020-2026	 Happy Father's Day! June 15th