

JUNE 2020

CUMBERLAND COUNTY NUTRITION PROGRAM

MEALS ON WHEELS
453-2159

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Hoagie w/lettuce, tomato & mayo Potato salad Italian roll Mixed melon	2 Thin bone-in baked pork chop with gravy Brown rice Asparagus Dinner roll Sponge cake	3 Beef patty in mushroom gravy Mashed potatoes Broccoli Whole wheat bread Banana	4 Breaded chicken fingers w/BBQ dipping sauce White rice w/cheddar cheese & broccoli Peas & carrots Whole wheat bread Berry parfait	5 Sloppy Joe Seasoned carrots Mixed lettuce salad w/tomato and Ranch dressing Hamburger bun Yogurt
8 Pork riblet in a sweet & tangy BBQ sauce Oven roasted red potatoes Buttered whole kernel corn Whole wheat bread Applesauce	9 Hamburger w/lettuce, tomato, ketchup, mustard & relish Cole slaw Hawaiian baked beans Hamburger bun Watermelon	10 Turkey & cheese hoagie w/lettuce, tomato & mayo Macaroni salad Italian roll Cottage cheese & peaches	11 Chicken hunter Mashed garlic potatoes Peas Whole wheat bread Baked apple slices	12 Antipasto salad w/tomato, ham, turkey, egg & cheese w/dressing Bed of baby spinach w/ extra Italian dressing Whole wheat bread Butterscotch pudding
15 Macaroni & Cheese Stewed tomatoes Garlic green beans Whole wheat bread Fruited Jell-O	16 Pineapple baked ham Cut sweet potatoes Spinach Whole wheat bread Ambrosia	17 Happy Father's Day Chicken Cordon Bleu Asparagus Mashed potatoes Dinner Roll Coconut custard pie	18 Salisbury steak w/onions & gravy Mashed potatoes Brussel sprouts Whole wheat bread Mandarin orange slices	19 Seafood salad w/lettuce & tomato Cucumber/onion/tomato salad w/dressing 1 slice rye bread Yogurt
22 Stuffed shell w/sweet Italian sausage in red sauce Mixed lettuce salad w/tomato and Ranch dressing Seedless Italian Chocolate cake	23 Oven fried chicken (thigh & leg) Scalloped potatoes Collard greens Whole wheat bread Pineapples	24 Meat loaf w/brown gravy Mashed potatoes Peas & carrots Whole wheat bread Tropical fruit	25 Breaded fish w/tartar and cocktail sauce Stewed tomatoes Succotash Whole wheat bread Fresh orange	26 Egg salad w/lettuce & tomato Tri-colored vegetable pasta salad 2 slices whole wheat bread Sliced peaches
29 Lasagna roll w/tomato sauce California blend vegetables Mixed lettuce salad w/tomato and French dressing Seedless Italian Iced white cake	30 BBQ chicken breast Buttered sliced parsley potatoes Green beans Whole wheat bread Carrot cake	MEALS ARE ORDERED IN ADVANCE. PLEASE CALL 453-2159 BEFORE 11:30AM AT LEAST ONE DAY PRIOR TO REGISTER FOR OR TO CANCEL A MEAL.		