


JUNE

2017

Monday

GCCARD

CONGREGATE MENU

Monday		Tuesday		Wednesday		Thursday		Friday	
29		30		31		01	Grilled Turke Burger- Lettuce & Tomato-Midori Veggie Blend-Wheat Bun- Fresh Apple-Mayo & Mustard-Milk	02	Veal Steak w/sauce- Steamed Spaghetti- Bread Stick-Fresh Fruit Salad-Margarine-Milk
05	Chicken Tenderloins w/sauce-French Cut Green Beans-Belgian Carrots-Fresh Pear- Potato Roll-Margarine- Milk	06	Boneless Pork Chop-Diced Sweet Potatoes-Sugar Snap Peas-Corn Muffin- Margarine-Cookie of the Month-Milk 	07	Salisbury Steak w/gravy- Mashed Potatoes-Kyoto Veggie Blend-Fresh Plum- Hawaiian Dinner Roll- Margarine-Milk	08	Turkey Tetrazzini w/cream sauce & noodle- Sicilian Veggie Blend- Succotash-Mixed Fruit Salad-Wheat Roll-Milk	09	Five Cheese Beet Lasagna-Tuscan Veggie Blend-Tossed Salad w/tomatoes-Fresh Peach-Sliced Bread- Margarine-Ranch Dressing-Milk
12	Charbroiled Steak Fingers-Malibu Veggie Blend-Mashed Potatoes- Mixed Fruit Cup-Wheat Roll-Margarine-Milk	13	Sweet & Sour Pork-Stir Fry Veggies-Sliced Carrots- Brown Rice-Hawaiian Roll- Golden Apple-Margarine- Milk	14	Philly Cheese Steak- Redskin Potato Salad- Normandy Blend Veggies- Malibu Fresh Fruit-Wheat Sub Bun-Milk	15	Jumbo Chicken Wings- Normandy Veggie Blend- Southern Style Green Beans-Potato Roll- Birthday Cake-Margarine- Milk 	16	Baked Fish w/Tarter Sauce-Au gratin Potatoes-Far East Veggie Blend-Diced Peaches- Potato Roll-Margarine- Milk
19	Breaded Chicken Breast- Cauliflower-Sliced Carrots-Fresh Apple- Dinner Roll-Margarine- Milk	20	Pork Burger w/Hickory Sauce-Lettuce & Tomatoes-Potato Wedges- Fruit Cocktail-WG Bun- Milk	21	Sloppy Joe-Baked Potato Salad-Winter Blend Veggies-Fresh Fruit- Wheat Bun-Milk	22	Turkey Steak-Garlice Mashed Potatoes-Winter Blend Veggies-Swirl Honey Wheat Bread- Tropical Fruit Salad- Margarine-Milk	23	Macaroni & Cheese- Green Beans-Slices Tomatoes & Zucchini- Fresh Peach-French Roll- Margarine-Milk
26	Country Style Chicken- Chuck Wagon Veggie Blend-Broccoli Florets- Fresh Pear-Dinner Roll- Margarine-Milk	27	Boneless Rib in sauce- Redskin Potato Salad- Riviera Blend Veggies- Fresh Banana-WG Bun- Milk	28	Mesquite Grilled Chicken- Yams & Apples-Steamed Spinach-Jello w/fruit- Sliced Bread-Margarine- Milk	29	Ravioli w/beef & meat sauce-Italian Blend Veggies-Tossed Salad-Rio Citrus Fruit Salad-Bread Sticks-Italian Dressing- Milk	30	BBQ Chicken-Loaded Potato Salad-Green Beans-Melon Chunks- Cluster Roll-Margarine- Milk

Notes

Menu subject to change. All Milk is 1% or Low-Fat. This institution is an equal opportunity provider.