

# June 2022



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
29	30	31	1 Lemon Chicken Cavatappi Pasta Italian Mixed Veggies Banana Pudding	2 Beef & Vegetable Stir Fry Fried Rice Pineapple	3 Crab Cakes Coleslaw Cream Corn Lemon Bar	4
5	6 Herb Roasted Chicken Greens Roasted sweet Potato & onions	7 Tomato & Cheese Quiche Home Fries Sauteed spinach Brownie	8 Teriyaki Pork Loin Pinto beans Roasted Broccoli Cut Fruit	9 BBQ Chicken Mac and Cheese Greens Sugar Cookie	10 Baked Beef Spaghetti Green Beans Sugar-Free Jell-o	11
12	13 Country Fried Steak Mashed Potatoes w/gravy Seasoned Greens Fruit Compote	14 Beef Tips Egg Noodles Cabbage Ambrosia	15 Mini Corn Dogs Boiled Potatoes Spinach Pears	16 Vegetable Lasagna Peas & Carrots Spiced Peaches	17 Kielbasa w. Cabbage & Potatoes Peanut Butter Fudge	18
19	20 Chicken Chow Mein Sesame Green Beans Spiced Pineapple	21 Chopped BBQ Pork Hushpuppies Turnips Greens Strawberry shortcake	22 Shrimp/Seafood Alfredo French Green Beans Melon	23 Beef Chili Mixed Veg cornbread Fruit Compote	24 Chick fli a Sandwich Roasted Potatoes Cali Veg Pastry	25
26	27 Brunswick Stew (potatoes w/in) Cornbread Roasted broccoli Cookie	28 Creamy Tuscan Chicken w/spinach and tomatoes Pasta Fruit Salad	29 Mushroom Swiss Burger Sweet Potatoes Spinach Spiced apples	30	1	2
3	4	Notes				

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