


June 2022 Medicaid waiver

# chef for hire

home  
delivered  
meals

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
|--|---|---|---|---|
|   |   | 1<br>Pot Roast<br>w/Gravy<br>Mashed Potatoes<br>Broccoli Cuts<br>Applesauce<br>Wheat Bread<br>Sunflower Seeds<br>Milk                     | 2<br>Country Fried Steak<br>w/Gravy<br>Spinach<br>Baked Potato<br>w/Smart Balance<br>Tropical Fruit<br>Milk         | 3<br>Ginger BBQ<br>Chicken<br>Whipped Sweet<br>Potatoes<br>Collard Greens<br>Wheat Bread<br>Diced Pears<br>Milk |
| 6<br>Grilled Hamburger<br>Mac & Cheese<br>Festive Green<br>Beans<br>Pineapple<br>Wheat Bun<br>Milk   | 7<br>Chicken Parmesan<br>Key West Blend<br>Roasted Redskin<br>Potatoes<br>Wheat Bread<br>Stewed Apples<br>w/Cherries &<br>Almonds<br>Milk | 8<br>Beef Stew<br>Corn<br>Turnip Greens<br>Wheat Bread<br>Diced Peaches<br>Sunflower seeds<br>Milk  | 9<br>Grilled Chicken<br>w/Salsa & Cheese<br>Black Beans<br>Diced Carrots<br>Corn Muffin<br>Mandarin Oranges<br>Milk | 10<br>Pollock Almondine<br>California Blend<br>Scalloped Potatoes<br>Diced Peaches<br>Wheat Bread<br>Milk       |
| 13<br>Oven Fried Chicken<br>Collard Greens<br>Whipped Sweet<br>Potatoes<br>Orange Juice<br>Milk  | 14<br>Country Ham &<br>Beans<br>Diced Carrots<br>Diced Beets<br>Corn Bread<br>Mixed Fruit<br>Milk   | 15<br>Smoked Sausage<br>w/Peppers & Onions<br>Peas<br>Roasted Potatoes<br>Wheat Bread<br>Strawberry<br>Applesauce<br>Orange juice<br>Milk | 16<br>Chicken & White<br>Bean Chili<br>Corn<br>Brussels Sprouts<br>Corn Bread<br>Mixed Fruit<br>Milk                | 17<br>Potato Pollock<br>Collard Greens<br>Peas & Corn<br>Wheat Bread<br>Tropical Fruit<br>Milk                  |
| 20- Happy Juneteenth<br>Vegetarian Chili<br>California Blend<br>Vegetables<br>Roasted Sweet<br>Potatoes<br>Cornbread<br>Tropical Fruit<br>Milk | 21<br>Sloppy Joe<br>Roasted Sweet<br>Potatoes<br>Brussels Sprouts<br>w/<br>onion<br>WW Bun<br>Diced Pineapple<br>Milk                     | 22<br>Sliced Turkey Over<br>Southwest Pasta<br>Peas<br>Corn<br>Pudding<br>Milk  | 23<br>Breakfast Bagel w/<br>Sausage Egg &<br>Cheese<br>Roasted Sweet<br>Potatoes<br>Sliced Apples<br>Milk           | 24<br>Vegetable Lasagna<br>Diced Carrots<br>Lima Beans<br>Wheat roll<br>Diced Pineapple<br>Milk                 |
| 27<br>Smothered<br>Chicken Breast<br>White & Wild Rice<br>Key West Vegetables<br>Wheat Bread<br>Birthday Cake<br>Milk                          | 28<br>Spaghetti/meatball<br>Parmesan Cheese<br>California Veg<br>Blend<br>Italian Cut<br>Green Beans<br>Mandarin Orange<br>Milk           | 29<br>Potato Pollock<br>Collard Greens<br>Peas & Corn<br>Wheat Bread<br>Tropical Fruit<br>Milk  | 30<br>Beef Over<br>Egg Noodles<br>Mixed Greens<br>Diced Carrots<br>Wheat Roll<br>Applesauce<br>Orange juice<br>Milk |   |

\*Menus are subject to change based on product availability.