**June 2023 adult daycares**



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| Monday | Tuesday | Wednesday | Thursday | Friday |
| **See the source image** |  **Cultural Meal Day** |  | 1**Ginger BBQ Chicken****3oz****Whipped Sweet**  **Potatoes ½ cup****Collard Greens ½ cup****Wheat Bread 2 slice****Diced Pears ½ cup**Milk 8oz | 2 Country Fried Steak 3oz w/Gravy 2ozSpinach ½ cupBaked Potato 1 eachw/Smart Balancewheat bread 2 sliceTropical Fruit ½ cupMilk 8oz |
| 5Grilled Hamburger 3ozMac & Cheese ½ cupFestive Green  Beans ½ cupPineapple ½ cupWheat Bun 1 eachMilk 8oz | **6**Chicken Parmesan 3ozKey West Blend ½ cupRoasted Redskin ½ cupPotatoesWheat Bread 1 sliceApple sauce 4ozMilk 8oz | **7****Lasagna 3oz w/ Vegetable Marinara ½ cup****Diced Carrots ½ cup****Lima Beans ½ cup****Wheat roll 1 each****Diced Pineapple ½ cup****Milk 8oz** | 8Grilled Chicken 3oz w/Salsa & Cheese 2 oz0Black Beans ½ cupDiced Carrots ½ cupCorn Muffin 2 eachMandarin Oranges½ cup**Milk 8oz** | 9**Pollock Almondine 3oz****California Blend ½ cup****Scalloped Potatoes ½ cup****Diced Peaches 1/21 cup****Wheat Bread 1 slice**Milk 8oz  |
| 12**Oven Fried Chicken 3oz****Collard Greens ½ cup****Whipped Sweet Potatoes ½ cup****Orange Juice 4oz****Milk 8oz** | 13Country Ham &  Beans 1 cupDiced Carrots ½ cupDiced Beets ½ cupCorn Bread 2 eachMixed Fruit ½ cupMilk 8oz | 14Smoked Sausage 3oz w/Peppers & OnionsPeas ½ cupRoasted Potatoes ½ cupWheat Bread 2 sliceStrawberry Applesauce 4ozMilk 8oz | 15**Vegetarian Chili 1 cup** **California Blend Vegetables ½ cup** **Roasted Sweet Potatoes ½ cup****Cornbread 1 slice****Tropical Fruit 4oz**Milk 8oz | 16**Italian Bowtie 1 cup** **Pasta w/ Beef****Broccoli w/ Red ½ cup** **Peppers****Green Beans ½ cup****Applesauce 4oz****Milk 8oz**  |
| **19 – Happy****Juneteenth!****Sloppy Joe**  ½ cup**Roasted Sweet** **Potatoes**  ½ cup**Brussels Sprouts w/** **onion**  ½ cup**WW Bun** 1 each**Diced Pineapple 4oz** **Milk  8oz** | 20 **Beef Stroganoff 1 cup** **w/ Egg Noodles****Green Beans ½ cup****Diced Carrots ½ cup****Fresh Orange 1 each****Wheat bread 1 slice****Milk 8oz** | 21Sliced Turkey 3oz Over  Southwest Pasta 1cupPeas ½ cupCorn ½ cupWheat bread 1 slicePudding 4ozMilk 8oz | **22**Bagel w/ 1 eachSausage 1ozEgg 1oz &  Cheese 1ozRoasted Sweet  Potatoes ½ cupSliced apples ½ cupMilk 8oz | **23**Beef Stew 1 cup 2(oz)Corn ½ cupTurnip Greens ½ cupWheat Bread 1 sliceDiced Peaches ½ cupMilk 8oz |
| **26**Smothered Chicken Breast 3 ozWhite Rice Pilaf ½ cupKey West Vegetables ½ cupWheat Bread 2 sliceBirthday Treat 1 eachMilk 8oz | **27****Meatloaf 3oz w/Gravy****Brussels Sprouts ½ cup****Mashed Potatoes ½ cup****Wheat Bread 2 slices****Mandarin Oranges ½ cup** **Milk 8oz** | **28****Indiana Style**  **Chili Mac****Mixed Vegetables****Applesauce****Corn Bread****Milk** | 29Potato PollockCollard GreensPeas & CornWheat BreadTropical FruitMilk  | **30****Spaghetti/meatballs****Parmesan Cheese****California Veg** **Blend****Italian Cut**  **Green Beans****Mandarin Orange****Milk**  |

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