

Monday June 1	Tuesday June 2	Wednesday June 3	Thursday June 4	Friday June 5
*Fruit Juice+ <b>Breaded Fish</b> w/Tartar Sauce *Orzo Mixed Vegetables*+ *Whole Wheat Bread	*Sassy Coleslaw+* <b>*BBQ Beef Strips</b> *Ranchero Beans *Buttermilk Biscuit *Fresh Fruit+	<b>**Ham &amp; Swiss Sandwich</b> On Whole Wheat *Potato Salad+ <b>**Ambrosia+</b>	*Fruit Juice+ <b>**Four Cheese Lasagna w/Beef</b> *Italian Blend Vegetables* *Garlic Bread	<b>*Delightful Chicken Salad</b> w/Grapes & Toasted Nuts *Savory Chilled Rice Salad *Wheat Crackers <b>**Sunshine Gelatin Delight+*</b>
Monday June 8	Tuesday June 9	Wednesday June 10	Thursday June 11	Friday June 12
*Fruit Juice+ Oven Fried Chicken *Scalloped Potatoes *California Vegetable Blend* *Wheat Bread	<b>* Chef Salad</b> (Turkey, Ham, Tomatoes, lettuce and 1000 Island Dressing) *Pasta Salad* *Wheat Crackers *Fresh Fruit+	<b>*Cheese Enchilada</b> *Garden Salad* w/Garbanzos *Tex-Mex Vegetables *Tortilla Chips & Salsa *Fruit Juice+	Back By Popular Demand <b>**Turkey Breast</b> filled w/Bread Stuffing & topped w/Gravy Cranberry Sauce *Brussel Sprouts+ *Bread *Cinnamon Apples	<b>*1/2 Tuna Sandwich</b> on Whole Wheat w/lettuce and tomato *3 Bean Salad <b>**Cottage Cheese</b> w/Pineapple+
Monday June 15	Tuesday June 16	Wednesday June 17	Thursday A June 18	Friday June 19
<b>Paprika Chicken</b> *Served over Noodles Cauliflower+ *Whole Wheat Bread *Mixed Fruit	<b>**Hamburger w/Bun</b> & condiments *Oven Crispy Potatoes <b>**Berry Crisp+</b>	<b>*Chicken Spinach Salad*</b> w/Garlic Toast <b>**Fruit Gelatin Supreme+</b> *Fresh Veggies*	<b>Lemon Pepper Fish</b> w/Tartar Sauce *Confetti Brown Rice* *Broccoli Salad *Whole Wheat Roll *Juice+	<b><u>Father's Day Celebration</u></b> <b>Pork Chop w/Herb Sauce</b> *Whipped Sweet Potatoes+ Stewed Tomatoes+ *Cornbread *Applesauce
Monday June 22	Tuesday June 23	Wednesday June 24	Thursday June 25	Friday June 26
<b>**Salisbury Steak</b> w/Onions *Baked Barley & Mushrooms *Green Beans *Whole Wheat Bread *Fresh Fruit+	<b>**Greek Salad</b> topped w/Feta & Jack Cheese, Artichokes, Olives, Egg, Creamy Dressing *Macaroni Salad* *Wheat Crackers <b>**Fruity Gelatin Parfait+</b>	<b><i>Happy Birthday!</i></b> <b>Honey Lime Chicken</b> *Pan Style Twice Baked Potatoes *Carrots* *Whole Wheat Bread *Fruit Juice+ <b>**Birthday Cake</b>	<b>**Ricotta Tortellini</b> Zucchini w/Tomato Basil <b>**Baguette</b> *Fruit Juice+	<b>**Turkey Under Wraps</b> (Turkey in a Flour Tortilla w/Spring Mix & Seasoned Spread)* Creamy Cucumber Salad *Fresh Fruit+
Monday June 29	Tuesday A June 30			
<b>*Chicken &amp; Vegetable Béarnaise</b> *Served w/Potatoes+ *Whole Wheat Bread *Apricots*	<b>**Open Face Pizza</b> Mixed Vegetables* *Whole Wheat Bread <b>**Fruit Cup+</b>	<b>+ Vitamin C</b> <b>*Vitamin A</b> Each meal includes 8 oz 1% milk	\$3.00 Senior Contribution Mandatory charge of \$3.50 for Essential Volunteers (under 60)	\$7.00 GUEST FEE for people under 60 unless accompanied by their senior spouse

### Congregate Dining Sites

Reservations/Cancellations must be made by noon the day before by calling the site:

<b>Davis Senior Center</b> 646 A Street <b>757-5541</b>	<b>West Sac Senior Center</b> 664 Cummins Way <b>(916) 373-5805</b>	<b>Winters Community Center</b> 201 Railroad Avenue <b>795-4241</b>	<b>Woodland Senior Center</b> 2001 East Street <b>668-0974</b>	<b>Knights Landing/Esparto</b> <b>662-7035</b>
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**Elderly Nutrition Program Main Office Woodland 662-7035**

Please see reverse side for information about the "\*" symbols used on this menu.