



Call 672-2240 for a Home Delivered Meal

June 2010

* Menu item contains nuts
All meals are served with 1% milk

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
		Beef Brisket w/Cabbage, Potatoes & Carrots Green Salad Mixed Berry Crisp Ice Cream 1	Spinach & Ham Quiche Sweet Potato Fries Oregon Bean Medley Pumpkin Bran Muffin Mandarin Oranges 2	Lasagna Italian Blend Vegetables Mixed Green Salad Garlic Bread Strawberry Rhubarb Crisp 3	Tomato Dill Soup Turkey Club Sandwich w/Whole Wheat Bread Tossed Vegetable Salad Banana Brownie 4	Sweet & Sour Pork Brown Rice Pilaf Sesame Green Beans * Asian Salad * Ginger Pears 5		
Beef Pot Roast w/Roasted Potatoes, Carrots, Onions & Gravy Potato Roll Confetti Cole Slaw Peachy Pudding 6	Chicken Enchilada Ranch Style Beans Lettuce & Tomato Salad Tropical Fruit Oatmeal Cookie 7	Seafood Pasta Salad Pickled Beets Boston Brown Bread Melon Cup Chocolate Pudding 8	Roast Turkey w/Gravy Mashed Potatoes Green Beans Cran-Apple Salad Date Bar 9	BBQ Pork Sandwich on a Whole Wheat Bun German Potato Salad Pacific Blend Vegetables Grapes Lemon Cookie 10	Swiss Steak w/Tomato Sauce Baked Potato Brussels Sprouts Mixed Green Salad Apricot Crisp 11	Chili Mozzarella Cheese Stick Cinnamon Roll Garden Salad California Fruit 12		
Pork Wings Baked Squash Green Mediterranean Salad Rye Roll Fruit Pizza 13	Meat Loaf w/Gravy Cauliflower Mac 'n Cheese Bahamas Vegetable Blend Whole Wheat Roll Cherry Crisp 14	Oven Fried Chicken Mashed Potatoes w/Gravy Spring Blend Vegetables Spinach & Orange Salad Gingerbread 15	Cheese Tortellini w/Meat Sauce Italian Style Zucchini Tossed Salad Fruit Ambrosia Oatmeal Spice Cake 16	Roast Beef Mashed Potatoes w/Gravy California Blend Vegetables Cucumber Tomato Salad Blueberry Buckle 17	Chicken Salad Whole Wheat Roll Marinated Vegetable Salad Melon Cup Chocolate Chip Cookie 18	Egg & Sausage Bake Seasoned Potatoes Spring Salad Oatmeal Maple Muffin Citrus Fruit Cup 19		
Beef Tips w/Mushrooms over Egg Noodles Broccoli w/Lemon Zest Cinnamon Raisin Roll Fruity Cherry Salad Peanut Butter Cookie * 20	BBQ Chicken Potato Salad Fanny's Cole Slaw Whole Wheat Roll Creamy Fruit Bowl <i>First Day of Summer!!</i> 21	Beef Fajita w/Flour Tortilla & Salsa Ranch Style Beans Lettuce & Tomato Salad Fruit Parfait 22	Salmon Filet w/Lemon Creamy Parmesan Risotto Caribbean Blend Vegetables Carrot Raisin Salad Pear Crisp 23	Herb Roast Pork Rosemary Red Potatoes Tomatoes & Zucchini Spinach Mushroom Salad Peach Shortcake 24	Spaghetti w/Meat Sauce Balsamic Green Beans Garden Vegetable Salad Focaccia Banana Split Dessert * 25	Minestrone Tuna Salad Sandwich Green Salad Fruit Cup Lemon Cookie 26		
Hawaiian Chicken Baked Sweet Potato Key Largo Vegetables Banana Muffin Tropical Fruit 27	Pork Chop Supreme Potatoes Au Gratin Green Beans Confetti Cole Slaw Cran-Apple Crisp 28	Turkey Breast Filet w/Peas & Spring Onions Wild Rice Pilaf Stewed Tomatoes Fruit Ambrosia Oatmeal Raisin Cookie 29	Beef Pot Roast w/Potatoes, Carrots, Onions & Gravy Potato Roll Green Salad Apricot Crisp 30				<p><i>Beginning in June: We will no longer be serving Wednesday evening meals at Heritage Towers. Thank you for your patronage over the years. We hope you will continue to support our meals program at our many locations.</i></p>	

SERVING AT:

The Sheridan Senior Center Every Day 11:30 a.m. - 12:45 p.m.
Heritage Towers Monday - Friday from 12:00 noon - 12:45 p.m.
The Story Women's Club *Tuesday* from 12:00 noon - 12:45 p.m.



Home Delivered Meals available Every Day to those who qualify: 672-2240
The Dayton Community Center Monday - Friday 12:00 noon - 12:45 p.m.
The Big Horn Women's Club *Thursday* from 12:00 noon - 12:45 p.m.

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 <h2>"Pear-Up" With Good Nutrition</h2> <p>Sunshine: The Free Vitamin D Resource <i>Most older adults are Vitamin D deficient. Vitamin D can have far-reaching health implications affecting bone health, immune function, neurological disease, muscle and nerve function and mood. Consider applying sunscreen after your first 10 minutes outdoors. So, soak up some rays—you'll be healthier for it!!</i></p> 				Breaded Baked Fish w/Tartar Sauce & Lemon Baked Squash Spring Blend Vegetables Spinach Bread Strawberries & Ice Cream 1	Chicken Caesar Salad Harvard Beets Cheese & Onion Roll Melon & Berry Cup Carrot Cake 2	Baked Steak Teriyaki over Egg Noodles Stir Fry Vegetables Asian Salad * Pineapple Chunks Coconut Macaroon 3
Roast Turkey w/Gravy Mashed Potatoes Green Beans Swedish Rye Bread Cran-Apple Salad Pumpkin Cookie 4	Boneless Pork Chop w/Mushroom Gravy Garlic Mashed Potatoes California Vegetables Spring Salad Apple Crisp 5	French Dip Sandwich w/Au Jus & Horseradish Roasted Corn Broccoli Craisin Salad * Raspberry Bar 6	Buffalo Chicken Pasta Primavera Cucumber Salad Peaches Lemon Blueberry Muffin 7	Beef Stroganoff over Egg Noodles Steamed Broccoli Caesar Salad Pumpkin Bran Muffin Cantaloupe 8	Glazed Baked Ham Baked Sweet Potatoes Brussels Sprouts Spinach & Orange Salad Pineapple Upside- Down Cake 9	Pizza w/Pepperoni, Ground Beef & Veggies Italian Blend Vegetables Waldorf Salad * Creamy Rice Pudding 10
Roast Beef w/Gravy Rosemary Red Potatoes Green Beans & Tomatoes Garlic Roll Pears Black Forest Cake 11	Fish Florentine Mixed Grain Pilaf Blueberry Muffin Fanny's Coleslaw Apricots 12	Ham & Pasta Salad Harvest Vegetables Pumpernickel Roll Banana Strawberry Shortcake 13	Chicken Fried Steak Mashed Potatoes w/Country Gravy Garden Vegetables Green Salad Watermelon 14	Cold Turkey Platter w/Hard Boiled Egg, Curried Rice Salad & Pickled Beets Peaches 'n Cream Bar 15	BBQ Beef Sandwich on a Whole Wheat Bun Potato Salad Steamed Carrots Fresh Fruit Cup Peanut Butter Cookie * 16	Chicken Ala King over a Buttermilk Biscuit Cucumber Salad Peaches Oatmeal Spice Cake 17
Oven Fried Chicken Mashed Potatoes w/Gravy Spring Blend Vegetables Honey Mustard Slaw Mandarin Oranges Gingerbread 18	Taco Salad w/Mexican Ground Beef, Veggies, Cheese, Chips & Salsa Creamed Corn Tropical Fruit Tapioca Pudding 19	Sweet & Sour Pork Brown Rice Pilaf Sesame Green Beans * Asian Salad * Ginger Pears 20	Lasagna Italian Blend Vegetables Mixed Green Salad Garlic Bread Strawberry Rhubarb Crisp 21	Beef Pot Roast w/Roasted Potatoes, Carrots, Onions & Gravy Confetti Coleslaw Peaches German Chocolate Cake 22	Spinach & Ham Quiche Sweet Potato Fries Oregon Bean Medley Pumpkin Bran Muffin Fruit Cup 23	Tomato Dill Soup Turkey Club Sandwich on Whole Wheat Bread Tossed Vegetable Salad Red Grapes Chocolate Chip Cookie 24
Parmesan Coated Fish Roasted Root Vegetables Minnesota Green Beans * Pumpernickel Bread Banana Split Dessert * 25	BBQ Pork Sandwich on a Whole Wheat Bun German Potato Salad Pacific Blend Vegetables Peaches Lemon Cookie 26	Chicken Enchilada Ranch Style Beans Lettuce & Tomato Salad Tropical Fruit Date Bar 27	Roast Turkey w/Gravy Mashed Potatoes Caribbean Blend Vegetables Cran-Apple Salad Pumpkin Cookie 28	Chili Mozzarella Cheese Stick Cinnamon Roll Garden Salad California Fruit 29	Seafood Pasta Salad Pickled Beets Boston Brown Bread Melon Cup Chocolate Pudding 30	Swiss Steak w/Tomato Sauce Baked Potato Brussels Sprouts Mixed Green Salad Apricot Crisp 31

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