


# OGDEN SENIOR CENTER NUTRITIONAL MENU June-18

<u>MONDAY</u>	<u>WEDNESDAY</u>	<u>FRIDAY</u>
<p><b>All meals served with milk, bread, and butter. Soup served with crackers.</b></p>		<p>1 Beef Stew over Biscuit Cauliflower, Wax Beans Pears</p>
<p>4</p> <p>Stuffed Pepper w/Sauce Corn, Spinach Marble Rye Bread Peaches</p>	<p>6</p> <p>Braised Pork Chop w/Gravy Scalloped Potatoes Broccoli Warm Applesauce Dinner Roll Oatmeal Raisin Cookie</p>	<p>8</p> <p>Veggie Meatballs Pasta &amp; Sauce Tossed Lettuce Salad w/Italian Dressing Italian Blend Vegetables Italian Bread Fruit Cocktail</p>
<p>11</p> <p>Pub Burger w/Catsup, Mustard, Relish, &amp; Chopped Onion Carrots, Cauliflower Pineapple</p>	<p>13</p> <p>Seafood Salad w/Lettuce &amp; Tomato on Thinwich Cabbage Beef Soup Fruit Cocktail</p>	<p>15</p> <p><b>Honor Fathers</b> Braised Pork Chop w/Gravy Scalloped Potatoes Green Beans Almandine Dinner Roll Coconut Cake</p>
<p>18</p> <p>Italian Sausage Pasta &amp; Sauce Italian Blend Vegetables Wax Beans Italian Bread Mandarin Oranges</p>	<p>20</p> <p>Broccoli &amp; Cheese Topped Baked Potato Black Bean Lentil Chili Tossed Lettuce Salad w/Italian Dressing 12-Grain Bread Apricots</p>	<p>22</p> <p>Individual Meatloaf w/Vegetable Gravy Mashed Potatoes California Blend Vegetables Marble Rye Bread Peaches</p>
<p>25</p> <p>Goulash w/Ground Beef Green Beans, Cauliflower Pumpnickel Bread Applesauce</p>	<p>27</p> <p>Sweet &amp; Sour Pork over Brown Rice Oriental Blend Vegetables Spinach Dinner Roll Watermelon</p> <p style="text-align: center;"><b>32 cupcakes</b></p>	<p>29</p> <p>Grilled Chicken Breast Sandwich w/Mayo and Lettuce on Thinwich Navy Bean Soup Marinated Tomato &amp; Cucumber Salad Pineapple</p>

Monroe County Dept of HS/Office for the Aging

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