



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 2 Chicken Cordon Bleu Lemon Roasted Potatoes Brussels Sprouts Whole Wheat Bread Seasonal Fruit Krab Cake Salad Creamy Italian Dressing | 3 Sweet and Sour Pork Jasmine Rice Ginger Carrots Asian Coleslaw Whole Grain Roll Apple Crisp Turkey Chef Salad Ranch Salad Dressing | 4 Broiled Cod Lemon Caper Sauce Lentil Vegetable Pilaf California Vegetables Whole Grain Roll Fresh Banana Fall Harvest Salad Balsamic Vinaigrette | 5 Homestyle Turkey Patty Poultry Gravy Whipped Potatoes Black-eyed Peas Whole Wheat Bread Seasonal Fruit Roast Beef Chef Salad Italian Dressing | 6 Beef Tips w/Gravy Rosemary Potatoes Whole Kernel Corn Whole Wheat Bread Seasonal Fruit Taco Salad Taco Sauce |
| 9 Lemon Pepper Tilapia Fall Vegetable Hash Corn Casserole Whole Grain Roll Seasonal Fruit Chicken Caesar Salad Caesar Salad Dressing | 10 BBQ Chicken Breast Macaroni & Cheese Green Beans w/Red Peppers Whole Grain Roll Seasonal Fruit Mango Chicken Salad Balsamic Vinaigrette | 11 Beef Irish Stew Green Peas Lima Beans Whole Grain Roll Seasonal Fruit Turkey Club Salad Blue Cheese Dressing | 12 Chicken Cacciatore Garlic & Red Pepper Penne Northern Beans Garlic Breadstick Fresh Pear Seafood Salad 1000 Island Dressing | 13 ~Father's Day~ Roast Beef Brown Gravy Twice Whipped Potatoes Cauliflower & Carrots Whole Wheat Bread Marble Cake Fresh Banana Turkey Garden Salad Italian Dressing |
| 16 Beef & Broccoli Stir Fry Fried Rice Edamame Multi-Grain Bread Fresh Orange Krab Cake Salad Creamy Italian Dressing | 17 Tuscan Chicken Parslied Rotini Brussels Sprouts Whole Grain Roll Fresh Banana Turkey Chef Salad Ranch Salad Dressing | 18 Baked Tilapia Salsa Verde Pinto Beans Zucchini & Tomatoes Whole Grain Corn Tortilla Seasonal Fruit Fall Harvest Salad Balsamic Vinaigrette | 19 CLOSED FOR JUNETEENTH HOLIDAY | 20 BBQ Shredded Pork Ranch Beans Coleslaw Whole Wheat Hamburger Bun Pineapple Cobbler Taco Salad Taco Sauce |
| 23 Tuna Croquette Sweet Potato Fries Carrots Amandine Whole Wheat Bread Seasonal Fruit Chicken Caesar Salad Caesar Salad Dressing | 24 Jamaican Chicken Coconut Rice Plantains Whole Wheat Bread Seasonal Fruit Mango Chicken Salad Balsamic Vinaigrette | 25 Country Fried Steak Country Gravy Garlic Whipped Potatoes Herbed Green Peas Whole Grain Roll Seasonal Fruit Turkey Club Salad Blue Cheese Dressing | 26 Roasted Pork Brown Gravy Buttered Rice Spring Vegetables Whole Grain Roll Banana Seafood Salad 1000 Island Dressing | 27 Chicken Pesto Lasagna Northern Beans Broccoli Florets Whole Wheat Bread Blushing Pears Birthday Dessert Turkey Garden Salad Italian Dressing |
| 30 Whole Grain Fish Sticks Macaroni & Cheese Parslied Carrots Whole Wheat Bread Fresh Orange Krab Cake Salad Creamy Italian Dressing | |  | Washoe County Senior Services - 775.328.2575 - www.washoecounty.us/seniorsrv - Meals are offered to seniors 60 and older for a suggested \$2.00 donation | Individuals under 60 may purchase a meal for \$4.00 - Milk & condiments served with meals - *A substitute item prepared with less sugar will be available. |