

Allegany County Office for the Aging Senior Nutrition Program

(585) 268-9390 (Toll-Free - 1-866-268-9390)

June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
5/29 Memorial Day Closed	5/30 Turkey Ala King over WG Biscuit Lima Beans California Blend Fresh Apple	5/31 <u>Whitesville Party</u> Cucumber Salad Stuffed Shells French Green Beans WG Bread w/Butter Mandarin Oranges	6/1 Cottage Cheese & Chives Tuna Noodle Casserole Peas & Carrots WG Bread Peaches	6/2 Coleslaw BBQ Pork on WG Bun Oven Browns Fruit Cocktail 
5 Pickled Beets Swedish Meatballs over Egg Noodles Spinach WG Bread Apple Slices	6 Tomato Bisque Soup Egg Salad Sandwich on WG Bread Garlic Cauliflower Fresh Orange	7 Ham & Broccoli Frittata over Brown Rice California Blend WG Bread Pineapple	8 Cucumber Salad Spaghetti & Meatballs Italian Green Beans WG Bread w/Butter Pears	9 Seasoned Baked Chicken w/Gravy over Stuffing Mashed Potatoes Glazed Carrots WG Rye Bread Tropical Fruit
12 Three Bean Salad Chicken Breast Supreme over Egg Noodles Mixed Vegetables WG Bread Fruit Cocktail	13 Peaches Lemon Pepper Baked Fish Parsley Boiled Potatoes Tomatoes & Zucchini WG Bread Bread Pudding with Vanilla Sauce	14 Sweet & Sour Pork over Brown Rice Stir-Fry Vegetables Brussel Sprouts WG Bread Mixed Fruit 	15 <u>Father's Day Special</u> Mandarin Oranges Meatloaf w/Gravy Sour Cream & Chive Mashed Potatoes Corn WG Bread Carrot Raisin Bread w/Cream Cheese Frosting	16 Tomato & Cucumber Salad Pasta Primavera French Green Beans WG Bread w/Butter Fruited Gelatin
19 Turkey Broccoli Bake over Brown Rice Glazed Carrots WG Bread Mandarin Oranges 	20 Macaroni & Cheese Petite Peas Stewed Tomatoes WG Bread Tropical Fruit	21 Tossed Salad w/ Ranch Dressing Chicken Salad w/ WG Bun Chickpea Salad Watermelon & Apple Slices <i>Site Birthday Cakes</i>	22 Baked Ham w/Raisin Sauce over Stuffing Au Gratin Potatoes Harvard Beets WG Rye Bread Pineapple <i>Site Birthday Cakes</i>	23 Fresh Apple Pepper Steak Creamed Potatoes Spinach WG Bread Banana Bread w/Cream Cheese Frosting
26 Raisins Seasoned Roast Pork over Stuffing w/gravy Sour Cream & Chive Peas & Onions WG Rye Bread Pears	27 Sloppy Joes w/ WG Bun Broccoli Cheese Soup Oven Browns Mixed Fruit	28 Spanish Rice Lima Beans Garlic Cauliflower WG Bread Peaches	29 <u>July 4th Special</u> Spiced Apples Hot Dog on Bun Potato Salad Baked Beans Strawberry Shortcake w/ Whipped Topping	30 Beef Barley Soup Tuna Salad WG Bread Brussel Sprouts Fresh Oranges

