




JUNE 2019 Menu Independence Plaza North Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
3 Turkey Cheeseburger Hamburger Bun Whole Wheat Arugula Salad w/Vinegar Baked Red Potato Wedges <u>Vegetarian Option</u> Muenster Cheese/ Veggie Burger Patty	4 Grilled Caribbean Chicken Breast Mexican Confetti Rice Broccoli and Red Pepper Salad <u>Vegetarian Option</u> Creamed Spinach Tofu	5 Tuna Fish Salad Pasta Salad Beet Salad <u>Vegetarian Option</u> Chickpea Salad with Tomatoes and Parsley	6 Stuffed Peppers with Turkey Whole Wheat Dinner Roll Broccoli with Toasted Garlic <u>Vegetarian Option</u> Cheese Ravioli Tomato Sauce	7 BBQ Chicken Breasts Cauliflower w/Carrots & Parsley Tossed Salad w/Dressing <u>Vegetarian Option</u> Chinese Style Spaghetti Stir Fry Kale & Broccoli
10 Beef Meatloaf w/Mushroom Gravy Brown Rice Whole Wheat Dinner Roll Steamed Spinach <u>Vegetarian Option</u> Vegetarian Chili	11 Eggplant Parmesan Whole Wheat Pasta Garlic Bread Baby Spinach Salad	12 Curried Chicken Salad Cucumber Dill Salad Potato Salad Whole Wheat Dinner Roll <u>Vegetarian Option</u> Kidney Bean Salad Cumin Dressing	13 Sticky Marmalade Glazed Baby Back Ribs Steamed Corn on the Cob Garden Salad/Roasted Zucchini <u>Vegetarian Option</u> Vegan Rice and Lentil Loaf	14 Homemade Breaded Fish Steamed Carrots Tossed Salad with Dressing <u>Vegetarian Option</u> Roasted Vegetable Couscous
17 Garlic Chicken Meatballs Whole Wheat Dinner Roll Ziti Broccoli with Toasted Garlic <u>Vegetarian Option</u> Veggie Sausage Patty Chinese Style Spaghetti	18 Turkey with Gravy Stuffing w/Apples & Walnut Mashed Butternut Squash <u>Vegetarian Option</u> Tofu Broccoli Soufflé	19 Salmon Salad Cucumber Dill Salad Spinach, Apple, & Red Onion Salad <u>Vegetarian Option</u> Southwestern Quinoa Salad	20 Sweet and Sour Chicken Thighs Brown Rice Sautéed Bok Choy <u>Vegetarian Option</u> Lemon Grass Curry with Broccoli Tofu	21 Beet Brisket w/Tomatoes & Onion Orzo Mixed Green Salad Roasted Mushrooms <u>Vegetarian Option</u> Vegan Rice and Lentil Loaf
24 Citrus Sesame Crusted Salmon Wild Rice Broccoli and Red Peppers Tossed Salad w/Dressing <u>Vegetarian Option</u> Vegetarian Stuffed Cabbage	25 HAPPY BIRTHDAY JUNE! Meatloaf w/ Beef and Pork Green Bean Sautée Homemade Mashed Potatoes <u>Vegetarian Option</u> Veggie Burger Patty Baked Fries	26 Honey Mustard Chicken Breast Buttermilk Biscuits Orzo with Vegetables Spinach, Apple, & Red Onion Salad <u>Vegetarian Option</u> Vegetable Ratatouille	27 Turkey Meatballs Spinach and Basil Pesto Whole Wheat Spaghetti Steamed Carrots <u>Vegetarian Option</u> Bow Tie Pasta Veggie Meatballs in Tomato Sauce	28 Vegetable Baked Ziti with Whole Wheat Pasta Garlic Bread Italian Blend Vegetables Sautéed Spinach
			Lunch Times 12:30-1:30 PM	MENU IS SUBJECT TO CHANGE WITHOUT NOTICE