## JUNE 2020 WRAAA MENU

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</table>
| * Chicken Stir Fry 3 oz  
* Brown Rice ½ c/Sauce 2 oz  
* Oriental Blend 1 c  
* Mandarin Oranges ½ c  
* Oatmeal Cookie, 1 oz  
ATL = CS  
RB | FYI...  
Beginning the week of June 15th Meals on Wheels begins delivery on Monday, Wednesday, Friday.  
*Beef Meatloaf 3 oz  
*Gravy 2 oz  
*Mashed Potatoes ½ c  
*Creamed Spinach ½ c  
2  Whole Grain Wheat  
Sliced Peaches ½ c  
ATL = CBG  
T | | | |
| *Breaded Fish 4oz  
* Tartar Sauce 1PC  
* Brown Rice ½ c  
* Zucchini ½ c Carrots ½ c  
* 1 Whole Grain Wheat  
* Orange Juice, 4 oz  
ALT = CS  
T | * Roasted Pork Loin 3 oz  
* Au Gratin Potatoes ½ c  
* Spinach ½ c/ 1 Vinegar PC  
* W.G. Dinner Roll, 2 oz  
* Applesauce ½ c  
ALT = CS  
RB | *Hamburger 3 oz  
*Ketchup 2 PC  
*Hash Brown Potatoes 4 oz  
*Mixed Vegetables ½ c  
*Whole Grain Bun  
*Banana  
ALT = CBG  
T | | |
| *Chicken Alfredo 3 oz  
*Sauce 2 oz/*Noodles ½ c  
* Broccoli ½ c  
* Capri Blend ½ c  
* 1 Whole Grain Wheat  
* Diced Pears, ½ c  
ALT = CS  
RB | | | | |
| *Tomato Basil Chicken 3 oz  
*W.G. Pasta ½ c  
*Spinach ½ c/ 1 Vinegar PC  
* Carrots ½ c  
* W.G. Dinner Roll, 1 oz  
* Applesauce ½ c  
ALT = CS  
RB | *BBQ Chicken Breast 3 oz  
*Macaroni and Cheese ½ c  
* Baked Beans ½ c  
* Sauteed Swiss Chard ½ c  
* W.G. Corn Muffin, 1 oz  
* Mixed Fruit ½ c  
ALT = CBG  
RB | | | |
| | | | | |

### FYI...  
Week of June 15th Meals on Wheels begins delivery on Monday, Wed, Friday

**Note:** Box Lunch Default Menu choice is shown in the right hand corner of each day.  
“T” = Tuna, “TR” = Turkey, “RB” = Roast Beef  
ALT CS = Chicken Salad with Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast  

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**Menu Approved By:**  
Ann Stahlheber MS, RDN, LD  

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