

Senior Wellness Center

Free for 60 and over
\$5.00 for 59 and younger or you

June 2023

Children 18 and under \$3.00

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Hearty Chicken noodle soup ww crackers fresh fruit	Vegetable Beef Stew ww dinner rolls canned fruit	
	5 Maple Smoked salmon roasted asparagus ww bread squares fresh fruit mix	R. Pork Tenderloin mash potato mushroom gravy sweet peas canned fruit	7 Baked Chicken w/ pasta fresh green beans fruit jello	8 Summer Squash soup w/ white beans and kale ww crackers fruit mix	Meat Loaf sweet potato mash roasted roots 'n veggies fresh fruit	
	12 Meat Loaf sandwich potato gratin canned fruit mix	13 Meat Lasagna Steamed Broccoli Garlic Toast canned fruit	14 Grilled Steaks Scallop potatoes Brocc'n Califlower fresh fruit	15 Lentil Meatballs red pepper sauce couscous pasta salad fresh fruit	Senior Breakfast Eggs, Sauage, h.browns, oatmeal ww toast fresh fruit	
	19 Teriyaki Pork sloppy joes sweet potato fries coleslaw fresh fruit	20 Taco Casserole guacamole spring mix salad canned fruit	21 Baked Salmon Brown Rice Pilaf grn beans and corn fresh fruit	22 Mediterranean Chicken'n shrimp sk illet fresh fruit	23 Fish Dumplings bean salad ww bread canned fruit	
	Grilled Cabbage Wrps w/ penne pasta salad fresh fruit	27 Ground Beef'n onions mash potatoes steamed vegetables canned fruit	Baked Halibut spagetti squash roasted vegetables fresh fruit	29 Egg Plant lasagna roll ww dinner roll fresh fruit	30 Cook Out Salmon/Hot Dogs potato salad salad fresh fruit Birthday Cake	

Wendy L. Turner MS, RDN
Approved
5/10/2023
CDR # 86052472

Tuesday, Wednesday, and Friday are congregate meal days from 12 noon to 1 pm
Monday and Thursday are Senior Exercise days from 10:45am to 11:45am, a healthy meal is provided for participants.

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<http://www.vertex42.com/ExcelTemplates/meal-planner.html>

