








Mystic Valley Elder ServicesSenior Dining Choice Menu June 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1  Potato Chowder/Crackers <i>Ratatouille w/beef</i> White Rice/Biscuit OR Seafood Salad*** /lettuce leaf Tossed Salad w/ Lite Italian Dressing German Potato Salad/Bread Pineapple	2 Turkey Broccoli Penne Casserole Carrots/Bread OR Cold BBQ Breaded Chicken Sliced Mozzarella Cheese Sliced Red Onions/Cole Slaw Three Bean Salad/Hamburger Roll Fresh Fruit	3 Summer Soup/Crackers Lemon Dijon chicken/Lemon Dijon sauce Mixed Vegetable Roasted O'Brien Potatoes/Bread OR Tuna Salad/Lettuce Leaf Potato Salad/Rivera Salad/Bread Vanilla Pudding/Topping	4 Mixed Bean Soup/Crackers Creole Fish/creole sauce Brussels Sprouts/Brown rice/Bread OR Sliced Turkey American Cheese/Lite Mayo Lettuce Leaf/Corn Salad Roman Blend Salad/Bread Brownie
7 Baked Crumb Topped Macaroni & Cheese Spinach & Mushrooms/Bread OR Egg Salad on a lettuce leaf Beet Salad Cole Slaw/Bread Fresh Fruit	8 Minestrone Soup/Crackers Baked Chicken/Gravy/Broccoli Roast Sweet Potato/Dinner Roll OR Roast Beef /American Cheese Lettuce Leaf/Lite Mayo Greek Pasta Salad Spinach Mandarin Salad w/ Lite Italian Dressing/Bread Pears	9 Vegetable Barley Soup/Crackers Meatloaf/Mushroom Gravy Mashed Potatoes/Green Beans/Bread OR Honey Turkey/Provolone cheese Lettuce leaf/Lite Mayo Tomato Red Pepper Salad Pasta Salad w/ cheese Hamburger Roll Vanilla Cake w/Vanilla Frosting	10 Clam Chowder Soup/Crackers Salmon Boat with Lemon Sauce Summer Squash Red Bliss Potatoes/Bread OR Chicken Caesar salad Croutons/Parmesan cheese Lite Creamy Italian Dressing German Potato Salad/Half pita pocket Pineapples	11 Apple Glazed Roast Pork Apple glazed sauce Creamy Potatoes/Peas & Carrots Cran/orange Muffin OR Seafood Salad*** /Lettuce Leaf Three Bean Salad Carrot Pineapple Raisin Salad Hot Dog Roll Chocolate Pudding/topping
14 Stuffed Shells Meatball/Tomato Sauce Three Bean Medley Spinach/Bread OR Egg Salad/Lettuce Leaf Lo Mein Pasta Salad Cucumber Creamy Dill Salad/Bread Fresh Fruit	15 Fathers' Day Special Beef Stroganoff w/ Noodles Peas & pearl onions Garlic Dinner Roll Apple Bread Pudding w/ rum sauce 	16 Mushroom Barley Soup/Crackers Pier 17 Fish/Lemon pepper sauce Lemon wedge/Red Bliss Potatoes Italian Blend Veg/Bread OR Roast Beef/Swiss Cheese Lettuce Leaf/Lite Mayo Cauliflower Carrot Salad Red Skin Potato Salad/Bulkie Roll Tapioca Pudding/Topping	17 Cream of Butternut Squash/Crackers BBQ Pulled Pork Sandwich Coleslaw Chuckwagon Corn Bulkie Roll OR Turkey Salad on a lettuce leaf German Potato Salad Tomato Red Pepper Salad/Bread Pears	18 Corn Chowder/Crackers Chicken Cacciatore White Rice Broccoli/Bread OR Tuna Salad/Lettuce Leaf Greek Pasta Salad Tossed Garden Salad Lite French Dressing/Bread Peaches
21 Lentil Soup/Crackers Florentine Baked Haddock/Florentine Sauce Mixed Vegetables/Bread/Brown Rice OR <i>American Sub(Ham**/Bologna/Am Cheese)</i>  Mayo/Lettuce Leaf Broccoli Tomato Salad/Bulkie Roll Balsamic Vinaigrette Pasta Fresh Fruit	22 Beef Stew/Peas/Bread OR Roast Beef/Swiss Cheese Mustard Leaf Lettuce Beet Salad German Potato Salad/Bread Chef's Choice Dessert	23 Reduced Sodium Hot Dog*** Baked Beans/Cole Slaw Ketchup/ mustard /relish/Hot Dog Roll OR Turkey/American cheese/Lite Mayo Spinach Mandarin Orange Salad w/Lite dressing Pesto pasta salad/Bread Pears	24 Italian Garden Veg Soup/Crackers Baked Ziti/Tomato Sauce Parmesan Cheese Spinach/Carrots/Bread OR Chicken Salad/Lettuce Leaf English Pea salad Riviera Blend Salad/Hamburger Roll Ice Cream Cup	25 Broccoli Cheese Soup/Crackers Orange Almond Chicken/sauce Sweet Potatoes/Peas & Onions Muffin OR Egg Salad/Lettuce leaf Mixed Vegetable Salad Three Bean Salad/Bread Applesauce
28  Cr. Of Butternut Sq. Soup w/Crackers Turkey Burger*** <i>Garlic Potato Wedges</i> Carrots/Bulkie Roll/Ketchup/Mustard OR Roast Beef/American Cheese Mayo packet/Lettuce leaf German Potato Salad Cucumber tomato salad/Bread Fresh Fruit	29 Vegetable Cheese Quiche Roasted Potatoes/Brussels Sprouts Muffin OR Peppercorn Turkey/Provolone cheese Mayo packet/Lettuce Leaf Pasta Salad with Cheese Cole Slaw/Bread Peaches	30  Minestrone Soup/Crackers <i>Hot BBO Grilled Chicken w/ cheddar Cheese</i> Chuck wagon Corn Green beans & tomatoes/Corn Bread OR Egg Salad/Lettuce leaf/Corn Salad Three bean salad/Bread Pineapples	<p><i>Please try some of our new menu items this month – look for the items in <u>italics</u>, and an arrow!</i></p>  <p><i>Tell us how you like them!!</i></p>	

Items in Bold are for both Menu choices on days when 2 entrees are offered. A donation of \$1.50 per meal is suggested. **** High Sodium Meal ****

For individuals with food allergies, please contact the meal site coordinator for a list of foods, which contain common food allergens.