

**Oneida County Office for the Aging
Nutrition Program for the Elderly**

JUNE MENU 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pasta Fagioli With Chicken Chunks Zucchini Squash Wheat Bread Vanilla Pudding*	4 Chicken Ala King Carrots Biscuit Pineapple Cobbler	5 Lasagna Roll Up With Meat Sauce Italian Green Beans Wheat Bread Blueberry Yogurt Parfait	6 Mushroom Stew Over Noodles Broccoli Wheat Bread Diced Pears	7 Western Stratta Hash Brown Potatoes Spinach Wheat Bread Mandarin Oranges
10 Chicken Stir Fry Brown Rice Oriental Blend Vegetables Wheat Bread Oatmeal Raisin Cookie*	11 Stuffed Pepper Soup Sliced Carrots Wheat Bread Warm Cinnamon Peaches	12 Beef Hot Dog Home Fried Potatoes Baked Beans Hot Dog Bun Apple Sauce	13 <u>HAPPY FATHER'S DAY</u> Sliced Turkey with Gravy Mashed Potatoes Peas with Pearl Onions Whole Wheat Dinner Roll Chocolate Cake*	14 <u>COLD PLATE</u> Hard Boiled Egg [2] Pasta Salad Carrot Raisin Salad Whole Grain Roll Rice Pudding*
17 Oven Brown Fish Au Gratin Potatoes Beets Wheat Bread Peppermint Chocolate Cookie*	18 Bruschetta Chicken over Pasta Italian Blend Vegetables Wheat Bread Peaches	19 <u>COLD PLATE</u> Tuna Macaroni Salad Three Bean Salad Whole Grain Bun Chocolate Pudding*	20 <u>FIRST DAY OF SUMMER</u> BBQ Chicken German Potato Salad Summer Blend Vegetables Wheat Bread Vanilla Pudding*	21 Beefy Macaroni & Cheese Zucchini & Tomatoes Wheat Bread Tropical Fruit
24 Hamburger with Sauteed Mushrooms & Onions Roasted Potatoes Green Beans Whole Wheat Hamburg Bun Cinnamon Pears	25 <u>COLD PLATE</u> Chicken Salad Spaghetti Salad Whole Grain Roll Apple Crisp	26 Spanish Rice Broccoli Florets Garlic Stick Pineapple Parfait	27 Sweet N Sour Chicken Sweet Potatoes Carrots Wheat Bread Sugar Cookie*	28 Fish Sandwich with Cheese on a Roll Home Fried Potatoes Mixed Vegetables Whole Grain Bun Tropical Fruit

