



Hanna Senior Center Please call before 8:30 for a Meal 307-325-9232

<p><u>JUNE</u> <u>2017</u></p> 				<p><u>THURSDAY</u> 1 Chicken Enchilada Sour cream/salsa Spanish Rice Zucchini Cherries Milk</p>	<p><u>FRIDAY</u> 2 Shepard's Pie Spinach Wheat Roll Pears Pudding Milk</p>	<p><u>SATURDAY</u> 3</p>
<p><u>Recommended</u> <u>Serving Sizes</u> 3 oz. meat ½ cup of vegetables ½ cup of fruit 2 servings of bread or complex carbohydrate 1 cup of 2% milk</p>	<p><u>MONDAY</u> 5 Hot Hamb. Sand. Mash. Pot./gravy Mixed Vegetables Mandarin Oranges Milk</p>	<p><u>TUESDAY</u> 6 Turkey Fettuccini Broccoli Wheat Bread Peaches Spice Bar Milk</p>	<p><u>WEDNESDAY</u> 7 Biscuits & gravy Sausage Link Hash browns Green Beans Apricots Milk</p>	<p><u>THURSDAY</u> 8 Meatloaf Rice Pilaf Peas Wheat Roll Pineapple Tidbits Cupcake Milk</p>	<p><u>FRIDAY</u> 9 Chicken Patty Tater tots Beets Wheat Bread Fruit Salad Milk</p>	<p><u>SATURDAY</u> 10</p>
<p>Birthdays Dixie S. 07 Bob P.08 June W.11 LaVonne 21 Bob M. 25 Millie M. 29</p>	<p><u>MONDAY</u> 12 Beef Tacos Lettuce, tomato, cheese Refried Beans Corn Cinnamon Apples Milk</p>	<p><u>TUESDAY</u> 13 Baked Ham Scalloped Potato Brussels Sprouts Wheat Bread Fruit Cocktail Milk</p>	<p><u>WEDNESDAY</u> 14 Cheese Pizza w/meat/vegetables Tossed Salad Strawberries Ice Cream Milk</p>	<p><u>THURSDAY</u> 15 Sweet/Sour Chicken Steamed Rice Stir Fry Vegetables Egg Rolls Mandarin Oranges Milk</p>	<p><u>FRIDAY</u> 16 Roast Beef Mash. Pot./gravy Squash Blend Wheat Roll Cherries Milk</p>	<p><u>SATURDAY</u> 17</p>
	<p><u>MONDAY</u> 19 Baked Pork Chop Wild Rice Blend Beets Wheat Bread Applesauce Milk</p>	<p><u>TUESDAY</u> 20 Swiss Steak Baked Potato Carrots Wheat Roll Pear Crisp Milk</p>	<p><u>WEDNESDAY</u> 21 Spaghetti/meat sauce Italian Vegetables Garlic Bread Citrus Fruit Milk</p>	<p><u>THURSDAY</u> 22 Oven Chicken Mash. Pot./gravy Broccoli Wheat Roll Peaches Milk</p>	<p><u>FRIDAY</u> 23 Tuna Salad Sand. Vegetable Soup Pickle Spear Fruited Jell-O Whipped Topping Milk</p>	
<p>BINGO 6th & 20th Blood Pressure Checks 20th</p>	<p><u>MONDAY</u> 26 Beef Goulash Spinach Wheat Roll Strawberries Milk</p>	<p><u>TUESDAY</u> 27 White Bean Chicken Chili Tossed Salad Cornbread Apricots Cookie Milk</p>	<p><u>WEDNESDAY</u> 28 French Dip Sand. Au Jus Oven Brown Potato Asparagus Pineapple Tidbits Milk</p>	<p><u>THURSDAY</u> 29 BBQ Pork Riblets French Fries Pea Salad Wheat Bread Fruit Cocktail Lemon Bar Milk</p>	<p><u>FRIDAY</u> 30 Porcupine Meatballs Mixed Vegetables Wheat Roll Purple Plums Milk</p>	