

Defiance County Senior Services

June Menu 2018

For questions regarding your meals, please contact Ginny at 419-782-3321

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For information on our ingredient content for each meal, please call Delinda 419 - 783 - 4813</p>	<p>Our breads and rolls are whole wheat unless specified.</p> <p>NCS= No concentrated sweets sf = sugar free</p>		<p>Happy Father's Day Sunday, June 17th</p>	<p>1 Baked Pork Chop with Gravy Au Gratin Potatoes Peas & Onions Fruit Cocktail Dinner Roll Birthday Cake ncs=Angel Food Cake</p>
<p>4 Ham alt= Hamburger patty Sweet Potatoes Collard Greens Apple Slices Rye Bread</p>	<p>5 Chicken Breast with Gravy Mashed Potatoes Mixed Vegetables Ambrosia Salad Dinner Roll</p>	<p>6 Hot Beef Sandwich Steak Fries Tossed Salad Pineapple Tidbits</p> <p>Salad Bar in Cafe</p>	<p>7 BBQ Pork Riviera Blend Vegetables Diced Red Potatoes Raisins Cornbread</p>	<p>8 Diced Turkey Baked Potato Broccoli & Cheese Peaches Dinner Roll Cookie ncs= SF cookie</p>
<p>11 Stir Fry Chicken over Asian Rice Oriental Blend Vegetables Tropical Fruit Whole Wheat Bread</p>	<p>12 Meatloaf Hash Brown Bake Zucchini Orange Juice Dinner Roll Cookie ncs= SF Cookie</p>	<p>13 Sub Sandwich Cole Slaw Pea Salad Banana</p> <p>Salad Bar in Cafe</p>	<p>14 Chef's Choice</p>	<p>15 Johnny Marzetti Lima Beans Beets Applesauce Garlic Bread Sorbet Cup</p>
<p>18 Roast Pork Tenderloin with Gravy Cheesy Potatoes Venetian Blend Vegetables Fruit Cocktail</p>	<p>19 Spaghetti with Meat Sauce Green Beans Mandarin Oranges Bosco Bread Stick Cookie ncs= SF Cookie</p>	<p>20 Chef's Salad with Turkey, Cheese, Diced Egg, Carrots and Tomatoes Apricots Apple Juice Wheat Bread Crackers</p>	<p>21 Country Fried Steak with Gravy Carrots Potatoes Cinnamon Applesauce</p>	<p>22 Chicken Fettuccini Broccoli Asparagus Peaches Dinner Roll</p>
<p>25 Hamburger Gravy over Mashed Potatoes Corn Pineapple Tidbits Whole Wheat Bread Graham Crackers</p>	<p>26 Beef & Bean Burrito with Enchilada Sauce Mexicali Blend Vegetables Spanish Rice Plum Rice Krispy Treat ncs= SF Pudding</p>	<p>27 Vegetable Beef Soup alt=Vegetable Turkey Soup Tossed Salad Cherries Crackers Salad Bar in Cafe</p>	<p>28 Roast Beef Sandwich Pickled Beets 3 Bean Salad Swirl Bread Apple Juice</p>	<p>29 Chicken & Pesto Noodles Seasoned Tomatoes Mushrooms Strawberries Dinner Roll</p>