Bishop Elders Title VI Food Program
June 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Broccoli Cheese Soup (Broccoli, Celery, Carrots, Corn, Onion and Cheese) Whole Wheat Roll Red Grapes 8 oz. Milk ***Ross Program at the Elders during Lunch***	**4** Sloppy Joes On Wheat Bun (Ground Turkey, Onion, and Garlic Seasoning) Steamed Baby Carrots Watermelon Slice 8 oz. Milk ***Book Club at 1:00pm***	**5** Sweet and Sour Pork Broccoli Brown Rice Oranges 8 oz. Milk	**6** Chili Beans Corn Bread Salad (Lettuce, Tomatoes and Cucumbers) Apple Crumble 8 oz. Milk ***Social Services at the Elders during Lunch***	**7** Ham Scalloped Vegetable Casserole (Diced Ham, Sliced Potatoes, Carrots, Peas, Onion, Garlic and topped with Cheese Topping) Peaches 8 oz. Milk
10 Goulash (Ground Turkey, Macaroni, Onion, Garlic, Corn, Celery and Topped with Cheese) Steamed Cauliflower Pears 8 oz. Milk ***Wear PURPLE today!***	**11** Baked Chicken Breast with Lemon Seasoning Rice Pilaf Peas Strawberries 8 oz. Milk ***Elders Advisory Board Regular Mtg. at 12pm***	**12** Veggie Lasagna (Squash, Spinach, Bell Peppers, Corn, Onion, Garlic, Cheese and Stewed Tomatoes) Banana 8 oz. Milk ***Elder Abuse Awareness Event @ 12:45pm***	**13** Salad Bar (Lettuce, Tomatoes, Cucumbers, Spinach, Cheese, Turkey, Ham, Olives, Artichokes, Hard Boiled Egg, Peaches, Pineapple Chunks and Cottage Cheese) Wheat Cracker / 8 oz. Milk	**14** FATHER'S DAY BBQ BBQ Trip Tip Sandwich On Whole Wheat Roll Macaroni Salad Corn on the Cob Baked Beans Watermelon 8 oz. Milk ***Frozen Yogurt Bar***
17 Chili Dogs (Turkey Hot Dogs, Chili, Cheese and Onions) Broccoli Honeydew Melon 8 oz. Milk	**18** Beef Enchiladas (Flour tortilla, Cheese, Corn and Green Chili) Mixed Salad (Lettuce, Green Chili, Green Onions, Tomatoes, Corn, Lime, Oil, Cilantro, Salt and Pepper) Spanish Rice Peaches / 8 oz. Milk ***Tea Tuesday at Lunch***	**19** BBQ Chicken Breasts Quinoa Green Beans Fruit Parfait (Greek Yogurt, Strawberries and Blueberries) 8 oz. Milk	**20** Salmon Wild Rice Steamed Zucchini Tartar Sauce Fruit Salad (Watermelon, Cantaloupe and Honeydew) 8 oz. Milk ***Social Services at the Elders during Lunch***	**21** Beef Teriyaki Bowl (Beef, Onions, Celery, Carrots, Broccoli and Garlic) Rice Pears 8 oz. Milk ***Showing the movie "Blazing Saddles" at 1:00pm***
24 Shrimp over Angel Hair Pasta (Served Hot) Salad (Cherry Tomatoes, Mozzarella Balls, Olives and Italian Dressing) Steamed Broccoli Fresh Cherries 8 oz. Milk ***Leather Activity at 11am - 1:30pm***	**25** Turkey Rice Bake (Turkey, Peas, Carrots, Corn and Rice) Plum 8 oz. Milk ***Nutrition Presentation during Lunch***	**26** Santa Fe Chicken Salad (Lettuce, Baked Chicken Strips, Black Beans, Corn, Cherry Tomatoes and Cheese) Salsa and Avocado Slices on the Side Sugar Free Jell-O with Mandarin Oranges 8 oz. Milk ***CDD at the Elders during Lunch***	**27** Beef Stroganoff with Noodles Steamed Zucchini Watermelon 8 oz. Milk ***Blood Pressure Checks during Lunch***	**28** ***Birthdays*** BBQ Short Ribs Baked Potato (Butter, Sour Cream and Chives) & Wheat Roll Corn with Red Bell Peppers Banana / 8 oz. Milk ***Birthday Cake with Whipped Cream Topping*** ***Birthday BINGO!***

This month is Elders Abuse Awareness Month. Please remember to attend the Elders Abuse Awareness Event on June 12, 2019. More information is on the back of the menu. Also, we now offer lactaid milk – just ask the staff.

◀ Approved by a Registered Dietitian Nutritionist ▶

Menu and events are subject to change.