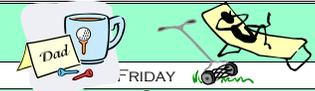




# Senior Services of Northern Kentucky Chilled Menu - June 2014



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BOX	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
LN/NC	<b>Chicken Potato Casserole-9315</b> Broccoli (2 servings) Whole Wheat Bread / Margarine Apple Juice (100%) Animal Cookies	<b>Chicken Tenders</b> Rice Vegetable Medley (2 servings) Fruit Cocktail Whole Wheat Bread/Margarine	<b>Hawaiian Pineapple Ham - 9094</b> Sweet Potato Patties (2 ea) Peas Dinner Roll / Margarine Cranberry Juice Sponge Cake	<b>Beef Taco Salad - 9313</b> Lettuce, diced Tomatoes Shredded Cheese, Sour Cream Corn Peach Dessert Tortilla Chips Mild Taco Sauce	<b>Classic Philly Beef w/ Peppers/Onions/Cheese - 9102</b> and Potato Wedges and Mixed Vegetables Bun Pineapple Tidbits Mustard pkt
H					
CYCLE					
WEEK					
7			<b>Hug Your Cat Day</b>		<b>National Gardening Exercise Day</b>
BOX	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
LN/NC	<b>Steak Hoagie - 9302 w/ Gravy &amp; Onions</b> Tater Nuggets Stewed Tomatoes Swiss American Cheese Bun Fresh Orange	<b>Spaghetti &amp; Meatballs - 9035</b> w/ Marinara Sauce Italian Vegetables Spinach / Vinegar Whole Wheat Bread / Margarine Peaches	<b>Summer Salad - 9070 w/ Diced Eggs, Cheese, Grape Tomatoes, Broccoli Floret</b> Saltine Crackers Pineapple Juice (100%) Animal Cookies Ranch Dressing	<b>Rosemary Chicken - 9039</b> Red Skin Potatoes Vegetable Medley Whole Wheat Bread (2 pc) Margarine Petite Banana	<b>FATHERS DAY CELEBRATION</b> Country Fried Steak w/Gravy-9063  Potato Wedges Green Beans Dinner Roll / Margarine Fresh Orange Chocolate Cake (uniced)
H					
CYCLE					
WEEK					
1	<b>Donald Duck Day</b>			<b>Red Rose Day</b>	
BOX	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
LN/NC	<b>Italian Chicken - 9042</b> w/ Marinara Sauce Spaghetti Turnip Greens / Vinegar Vegetable Normandy Pears Animal Cookies	<b>Turkey &amp; Cheese Sandwich - 9032</b> Potato Salad Coleslaw Whole Wheat Bread Peaches Mayo	<b>Smoked Turkey Sausage w/ Sauerkraut - 9055</b> Mashed Potatoes Green Beans Rye Bread (2 slices) Fruit Cocktail Mustard / Ketchup	<b>Hamburger - 9071</b> Baked Beans Broccoli Swiss American Cheese slice Bun Pineapple Mustard/Ketchup	<b>Salisbury Steak w/Gravy-9029</b> Parslied Potatoes Mixed Vegetables Whole Wheat Bread/Margarine Cranberry Juice Angel Food Cake
H					
CYCLE					
WEEK					
2		<b>Eat Your Vegetables Day</b>	<b>Go Fishing Day</b>		 <b>HAPPY BIRTHDAY!</b>
BOX	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
LN/NC	<b>Chili w/ Spaghetti - 9064</b> Vegetable Medley (2 servings) Cheddar Cheese Saltine Crackers (2 pks) Fresh Orange	<b>Roast Turkey w/ Gravy - 9005</b> Mashed Potatoes Vegetable Medley Dinner Roll / Margarine Applesauce Angel Food Cake	<b>Chicken Salad on a Bun - 7020</b> Potato Salad Coleslaw Bun Mixed Fruit	<b>Baked Chicken w/ Gravy - 9075</b> Herb Dressing Broccoli Cauliflower Whole Wheat Bread/Margarine Strawberry Applesauce	<b>Italian Meatloaf- 7036</b> Savory Tomato Sauce Spaghetti Italian Vegetables Pineapple Dessert
H					
CYCLE					
WEEK					
3	<b>National Pink Day</b>		<b>Log Cabin Day</b>	<b>Frogiveness Day</b>	<b>Sun Glasses Day</b>
BOX	<b>30</b>				
LN/NC	<b>Bar-B-Q Sauce with Shredded Beef - 9051</b> Peas and Onions Peach Dessert Cole Slaw Bun	<b>June is:</b> Dairy Month National Fresh Fruit & Vegetables Month National Adopt a Cat Month Aquarium Month Rose Month Turkev Lovers Month		<b>Dates to Remember:</b>  <b>Flag Day - 14th</b>  <b>Fathers' Day - 15th</b>  <b>Summer Begins - 21st</b>	<small>Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup ea), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch, and 8 oz. Milk (1/2 pint)</small>
H					
CYCLE					
WEEK					
4					