

PG COUNTY SENIOR NUTRITION PROGRAM HOT CONGREGATE MEALS

# JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>CHICKEN LO MEIN LO MEIN NOODLES STIR FRIED VEGETABLES MANDARIN ORANGES CRISPY WONTON NOODLES MILK</p> <p>V: PLANT BASED CHICKEN LO MEIN</p>	<p>4</p> <p>CAJUN SHRIMP MASHED POTATOES SAUTEED SPINACH APPLESAUCE DINNER ROLL MILK</p> <p>V: CAJUN CHICKPEAS</p>	<p>5</p> <p>SALISBURY STEAK W/ GRAVY BROWN RICE STEAMED CARROTS DICED PEARS WHOLE WHEAT MILK</p> <p>V: MEATLESS CRUMBLES W/ GRAVY</p>	<p>6</p> <p>BBQ CHICKEN MACARONI &amp; CHEESE SAUTEED KALE TROPICAL FRUIT MIX WHOLE WHEAT BREAD MILK</p> <p>V: PLANT BASED BBQ CHICKEN</p>	<p>7</p> <p>TURKEY CHILI WHITE RICE SAUTEED CABBAGE DICED PEACHES CHEDDAR JALAPENO CORN BREAD MILK</p> <p>V: THREE BEAN CHILI</p>
<p>10</p> <p>BEEF BURRITO BOWL RICE &amp; BEANS SAUTEED PEPPERS &amp; ONIONS PINEAPPLE TIDBITS BREAD MILK</p> <p>V: MEATLESS BURRITO BOWL</p>	<p>11</p> <p>CHICKEN ALFREDO W/ MUSHROOMS PENNE PASTA STEAMED BROCCOLI APPLESAUCE WHOLE WHEAT BREAD MILK</p> <p>V: TOFU ALFREDO W/ MUSHROOMS</p>	<p>12</p> <p>BUTTER CHICKEN BROWN RICE MIXED VEGETABLES DICED PEACHES WHOLE WHEAT BREAD MILK</p> <p>V: PLANT BASED BUTTER CHICKEN</p>	<p>13</p> <p>PARMESAN CRUSTED TILAPIA MASHED SWEET POTATOES SAUTEED SPINACH TROPICAL FRUIT MIX DINNER ROLL MILK</p> <p>V: PLANT BASED 'FISH'</p>	<p>14</p> <p>SESAME CHICKEN WHITE RICE STIR FRIED VEGETABLES MANDARIN ORANGES CRISPY WONTONS MILK</p> <p>V: PLANT BASED SESAME 'CHICKEN'</p>
<p>17</p> <p>BREADED CHICKEN MEDITERRANIAN CHICKEPEAS ROASTED ZUCCHINI &amp; TOMATOES DICED PEARS DINNER ROLL MILK</p> <p>V: BREADED PLANT BASED 'CHICKEN'</p>	<p>18</p> <p>BEEF MEATBALLS W/ MARINARA &amp; SPAGHETTI SAUTEED KALE DICED PEACHES WHOLE WHEAT BREAD MILK</p> <p>V: PLANT BASED MEATBALLS</p>	<p>19</p> <p><b>JUNETEENTH ALL SITES CLOSED</b></p>	<p>20</p> <p>BLACKENED SHRIMP BROWN RICE SAUTEED SPINACH MANDARIN ORANGES DINNER ROLL MILK</p> <p>V: BLACKENED CHICKEN</p>	<p>21</p> <p>BALSAMIC CHICKEN ROASTED RED POTATOES STEAMED CARROTS TROPICAL FRUIT MIX WHOLE WHEAT BREAD MILK</p> <p>V: PLANT BASED BALSAMIC CHICKEN</p>
<p>24</p> <p>TURKEY BURGER W/ CHEDDAR STEAMED CORN ROASTED ZUCCHINI, &amp; TOMATOES DICED PEARS BURGER BUN MILK</p> <p>V: BLACK BEAN CHEDDAR BURGER</p>	<p>25</p> <p>FISH 'N' CHIPS ROASTED POTATOES PEAS PINEAPPLE TIDBITS DINNER ROLL MILK</p> <p>V: PLANT BASED FISH 'N' CHIPS</p>	<p>26</p> <p>CHICKEN MARSALA MASHED POTATOES GRILLED VEGETABLE BLEND APPLE SAUCE WHOLE WHEAT MILK</p> <p>V: PLANT BASED CHICKEN MARSALA</p>	<p>27</p> <p>GROUND BEEF &amp; VEGETABLE STIR FRY BROWN RICE MANDARIN ORANGES CRISPY WONTON NOODLES MILK</p> <p>V: TOFU STIR FRY</p>	<p>28</p> <p>JERK CHICKEN MASHED SWEET POTATOES STEAMED BROCCOLI DICED PEACHES CHEDDAR JALAPENO CORNBREAD MILK</p> <p>V: CHICKENLESS JERK</p>

PG COUNTY SENIOR NUTRITION PROGRAM COLD BOXED LUNCH CONGREGATE MEALS

# JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CHICKEN GARDEN MACARONI PASTA SALAD GARDEN SALAD DICED PEACHES MILK  V: 'CHICKEN' PASTA SALAD	4 HONEY MUSTARD HAM WRAP CHEDDAR FLOUR TORTILLA CARROTS & RANCH DICED PEACHES MILK  V: 'TOFURKY' WRAP	5 HOISIN CHICKEN WRAP FLOUR TORTILLA CARROT RAISIN SALAD APPLESAUCE MILK  V: 'CHICKEN' WRAP	6 TURKEY CHEDDAR WRAP MAYO & FLOUR TORTILLA CARROTS & RANCH APPLESAUCE MILK  V: 'TOFURKY' & CHEDDAR WRAP	7 ROAST BEEF SANDWICH MAYO & WHOLE WHEAT CUCUMBER SALAD TROPICAL FRUIT SALAD MILK  V: 'TOFURKY' WRAP
10 EGG SALAD SANDWICH BURGER BUN CARROT RAISIN SALAD APPLESAUCE MILK  V: EGG SALAD SANDWICH	11 BBQ CHICKEN WRAP FLOUR TORTILLA CARROTS & RANCH DICED PEAR MILK  V: BBQ 'CHICKEN' WRAP	12 TUNA SALAD SANDWICH WHOLE WHEAT BREAD GARDEN SALAD TROPICAL FRUIT SALAD MILK  V: CHICKPEA 'TUNA' SANDWICH	13 TURKEY PROVOLONE SANDWICH MAYO & BURGER BUN COLESLAW MANDARIN ORANGES MILK  V: 'TOFURKY' PROVOLONE	14 SWEET & SOUR CHICKEN WRAP FLOUR TORTILLA CARROTS & RANCH PINEAPPLE TIDBITS MILK  V: SWEET & SOUR 'CHICKEN' WRAP
17 CHICKEN GARDEN PASTA SALAD CARROTS & RANCH DICED PEACHES MILK  V: 'CHICKEN' PASTA SALAD	18 HAM & CHEESE SANDWICH MAYO & BRIOCHE BUN GARDEN SALAD MANDARINE ORANGES MILK  V: TOFURKY SANDWICH	19 <b>JUNETEENTH ALL SITES CLOSED</b>	20 ITALIAN CHICKEN WRAP CHEESE & FLOUR TORTILLA CUCUMBER SALAD APPLESAUCE MILK  V: 'CHICKEN' ITALIAN WRAP	21 TURKEY & CHEESE RANCH WRAP FLOUR TORTILLA GARDEN SALAD MANDARINE ORANGES MILK  V: TOFURKY WRAP
24 TUNA SALAD SANDWICH BRIOCHE BUN CARROTS & RANCH TROPICAL FRUIT MILK  V: CHICKPEA 'TUNA' SANDWICH	25 TURKEY CHEDDAR WRAP MAYO & FLOUR TORTILLA COLESLAW PINEAPPLE TIDBITS MILK  V: TOFURKY WRAP	26 CHICKEN SALAD SANDWICH WHOLE WHEAT BREAD CARROTS & RANCH DICED PEARS MILK  V: CHICKPEA 'CHICKEN' SANDWICH	27 HAM & CHEESE SANDWICH MAYO, MUSTARD & BURGER BUN GARDEN SALAD APPLESAUCE MILK  V: 'TOFURKY' & CHEESE SANDWICH	28 TURKEY PROVOLONE SANDWICH MAYO & WHOLE WHEAT BREAD CARROTS & RANCH APPLE SAUCE MILK  V: 'TOFURKY' PROVOLONE

PG COUNTY SENIOR NUTRITION PROGRAM COLD BOXED BREAKFAST CONGREGATE MEALS

# JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 RAISIN BRAN CEREAL MILK JUICE CHEESE STICK BREAD SLICE MARGARINE	4 CHEERIOS MILK FRUIT CUP HARBOILED EGG BREAD SLICE MARGARINE	5 WHOLE GRAIN MUFFIN MILK JUICE HARD BOILED EGG BREAD SLICE MARGARINE	6 GRANOLA YOGURT CUP APPLE SLICES PEANUT BUTTER BREAD SLICE MARGARINE	7 OATMEAL MILK FRUIT CUP HARD BOILED EGG BREAD SLICE MARGARINE
10 RAISIN BRAN CEREAL MILK JUICE CHEESE STICK BREAD SLICE MARGARINE	11 WHOLE GRAIN MUFFIN  FRUIT CUP LOW FAT COTTAGE CHEESE BREAD SLICE MARGARINE	12 GRANOLA YOGURT CUP FRUIT CUP HARD BOILED EGG BREAD SLICE MARGARINE	13 OATMEAL BOWL  FRUIT CUP LOW FAT COTTAGE CHEESE BREAD SLICE MARGARINE	14 SPECIAL K CEREAL MILK FRUIT CUP HARD BOILED EGG BREAD SLICE MARGARINE
17 GRANOLA YOGURT CUP APPLE SLICES PEANUT BUTTER BREAD SLICE MARGARINE	18 CHEERIOS MILK FRUIT CUP HARD BOILED EGG BREAD SLICE MARGARINE	19 JUNETEENTH ALL SITES CLOSED	20 WHOLE GRAIN MUFFIN  FRUIT CUP CHEESE STICK BREAD SLICE MARGARINE	21 SPECIAL K CEREAL MILK FRUIT CUP HARD BOILED EGG BREAD SLICE MARGARINE
24 OATMEAL BOWL  FRUIT CUP LOW FAT COTTAGE CHEESE BREAD SLICE MARGARINE	25 RAISIN BRAN CEREAL MILK JUICE CHEESE STICK BREAD SLICE MARGARINE	26 GRANOLA YOGURT CUP APPLE SLICES PEANUT BUTTER BREAD SLICE MARGARINE	27 SPECIAL K CEREAL MILK FRUIT CUP HARD BOILED EGG BREAD SLICE MARGARINE	28 WHOLE GRAIN MUFFIN  FRUIT CUP CHEESE STICK BREAD SLICE MARGARINE