



June



Lunch is offered for a low suggested donation of \$1 to qualified 60+ participants. Those 59 and under may purchase a meal for \$5.50. Lunch is served Monday-Friday at Goodbar and Evans Senior Centers 11:30 a.m. Advanced reservations are required. "This program is supported, in part, by the City of Mesquite, the Dallas Area Agency on Aging and the Texas Department of Health and Human Services."



Monday	Tuesday	Wednesday	Thursday	Friday
6/5/2023	6/6/2023	6/7/2023	6/1/2023	6/2/2023
Mediterranean Beef Meatballs~# Parslied Rice Green Beans Wheat Bread Fresh Orange Milk	Thai Chili Chicken~ Fried Rice Broccoli/Carrots/Onions Wheat Bread Fortune Cookie Milk	Salisbury Beef~ Brown Gravy Mixed Beans Medley Cabbage Dinner Roll Nutty Buddy Bar ¹ Milk	Turkey Tetrazzini Broccoli Country Tomatoes Wheat Bread Lime Gelatin with Peaches Milk	Hamburger Patty~ Lettuce and Tomato Baked Beans Hamburger Bun Hot Apples & Pineapple Milk Mustard and Ketchup
6/12/2023	6/13/2023	6/14/2023	6/15/2023	6/16/2023
Chicken Chili Parslied Rice Sliced Carrots Wheat Bread Fresh Apple Milk	Pomodoro Beef Meatballs~# Parsley Penne Pasta Lemon Broccoli Wheat Bread Animal Crackers Milk	Breaded Chicken with Gravy~ Delmonico Potatoes Italian Green Beans Dinner Roll Frosted Birthday Cake Chocolate Ice Cream Milk	Turkey Macaroni & Cheese Whole Kernel Corn Catalina Vegetables Wheat Bread Cherry Gelatin with Pineapple Milk	Father's Day & Juneteenth Hamburger Patty~ Sliced Cheese Ranch Beans Hamburger Bun Apple Crisp Milk Mustard and Ketchup
6/19/2023	6/20/2023	6/21/2023	6/22/2023	6/23/2023
Closed 	Creamy Paprika Chicken~# Red Beans and Rice Seasoned Cabbage Wheat Bread Oatmeal Cream Cookie ¹ Milk	Swiss Steak~ Whipped Potatoes Mixed Vegetables Dinner Roll Fresh Orange Milk	Creamy Caper Chicken~# Lentils Stewed Tomatoes Wheat Bread Craisins Milk	Tuna Salad Beet Salad Pasta Salad Wheat Bread (2) Lemon Gelatin w/Mixed Fruit Milk
6/26/2023	6/27/2023	6/28/2023	6/29/2023	6/30/2023
Turkey Pasta Bolognese Whole Kernel Corn Green Beans Texas Bread Fudge Cream Cookie ¹ Milk	Rosemary Beef~ Confetti Rice Broccoli Wheat Bread Animal Crackers Milk	Polish Sausage* Chili Beans# Stewed Tomatoes Hot Dog Bun Strawberry Gelatin w/Peaches Milk	Lemon Pepper Chicken~ Macaroni and Cheese Sliced Carrots Dinner Roll Fresh Apple Milk	Hamburger Patty~ Sliced Cheese Baked Beans Hamburger Bun Hot Pineapple Tidbits Milk Mustard and Ketchup

* - Contains Pork

¹ - Contains Peanuts

~ - Entrée Contains Soy

- New Menu Item



Sarah Hutsler, RD, LD
Sarah Hutsler, RD, LD #DT81463
Expires 11/30/2023

