



## Friendship Circle Menu

**June 2022**

<b>Monday/To-Go</b>	<b>Tuesday/Bulk</b>	<b>Wednesday/To-Go</b>	<b>Thursday/To-Go</b>	<b>Friday/Bulk</b>
 Sunday, June 19 <sup>th</sup> , 2022	Monday/Wednesday/Thursday meals will be "To-Go" meals. Please send 10 individual meals.  Tuesday/Friday meals to be sent in bulk. Please send 30 portions.	1	2	3
		3 oz Hamburger Patty on *Bun Slices of Lettuce, Tomato, Onion *¼ cup french fries 1 cup tossed salad 1pkt lite dressing 1 pkt ketchup *¾ cup fresh melon *8 oz 2% milk	4 oz Chicken Parmesan *¼ c. wheat pasta 1 c. tossed salad 1 pkt lite dressing ½ cup zucchini wedges *1 slice whole wheat roll *½ cup mixed fruit cup *8 oz 2% milk 1 pc margarine	1 cup Tomato Basil Bisque w/ *1 pkg SF crackers 4 oz fish sticks w/ tartar sauce *¼ c tater tots ½ c. vegetable medley 1 pkg ketchup *¼ c mandarin oranges *8 oz 2% milk
6	7	8	9	10
Choice of Egg Salad/Tuna Salad *Hoagie w/lettuce & tomato  *¼ cup potato salad 1 cup tossed salad 1 pkt lite dressing *¼ cup diced pears *8 oz 2% milk	3 oz Baked Chicken Wings *¼ c mashed potatoes ½ c. broccoli *1 slice of whole wheat bread *¼ c mixed fruit cup *8 oz 2% milk 1 pc margarine	3 oz Grilled Chicken Sandwich on *wheat roll w/ lettuce and tomato Relish Plate (4 carrot & celery sticks)  *¼ c pineapple chunks *8 oz 2% milk	3 oz Meatloaf with Gravy *¼ c. mashed potatoes *1 whole wheat dinner roll ½ c steamed carrots *¼ c diced peaches *8 oz 2% milk 1 pc margarine	1 C *Penne Chicken Alfredo ½ c green beans 1 c tossed salad 1 pkt lite dressing ½ c applesauce *1 whole wheat dinner roll *8 oz 2% milk 1 pc margarine
13		15	16	17
Chicken Stir Fry (3 oz chicken, 1 c vegetables) *¼ c brown rice *1 slice wheat bread 1 pc margarine *¼ c mandarin orange slices *8 oz 2% milk	Hot Dog w/sauerkraut on *bun *¼ cup Baked beans *Corn on the cob 1 ketchup pc *Fresh watermelon slices *8 oz 2% milk	3 oz Lemon Dill Fish Filet *¼ c. brown rice ½ cup grilled vegetables *1 whole wheat dinner roll 1 pc margarine *¼ c. diced pears *8 oz 2% milk	Mini Turkey *Hoagie (2 oz turkey 1 oz cheese) ½ cup coleslaw *¼ c pineapple chunks 1 mayo packet 1 mustard packet *8 oz 2% milk	3 oz Cheeseburger on *Bun *¼ c baked beans 1 c mixed green salad 1pc lite dressing *1 slice Apple pie *8oz 2% milk
20	21	22	23	24
JUNETEENTH  Center Closed	Beef Stir Fry (3 oz beef 1 c. vegetables) *¼ c brown rice *1 wheat roll with Margarine *¼ cranberry juice *¼ c tapioca 8 oz 2% milk	3 oz Philly Steak with Onions on *Whole Wheat Roll *¼ c. Tater Tots 1 cup tossed salad 1 pc lite dressing 1 pc ketchup *¼ c diced peaches *8 oz 2% milk	Stuffed Chicken Breast (3 oz chicken, *1/3 stuffing) ½ c steamed green beans *¼ cup applesauce *1 slice whole wheat bread *8 oz 2% milk 1 pc margarine	French Dip *Sandwich (3oz meat with 2 oz Au Jus) *10 baked French Fries 1 pc ketchup ½ cup mixed vegetables *1 small fresh Apple 1 pc margarine *8oz 2% milk
27	28	29	30	
*1 cup Tomato Basil Soup 3 oz Chicken Fingers *¼ cup tater tots 1 Tbsp honey mustard ½ cup steamed carrots *1 fresh orange *8 oz 2% milk	Hot Turkey Sandwich w/ gravy (3oz turkey)*1 slice bread) *¼ c mashed potatoes ½ cup steamed carrots *¼ c diced pears 1 pc margarine *8 oz 2% milk	*1 cup Macaroni & Cheese ½ c stewed tomatoes ½ cup zucchini wedges *1 slice whole wheat bread 1 pc margarine *1 small Banana *8 oz 2% milk	3oz Grilled Chicken Sandwich on *wheat bun 1 c tossed salad 1 pkt lite dressing ½ cup italian green beans *1 pc chocolate pudding *8 oz 2% milk 1 pc margarine	