


SPRINGDALE SENIOR LUNCH

June 2017

Monday	Tuesday	Wednesday	Thursday
			<p style="text-align: right;">1</p> <p>Crispy Baked Chicken Hashbrown Casserole Garden Vegetables Mixed Green Salad Seasonal Fruit</p>
5	<p style="text-align: right;">6</p> <p>Hot Turkey Sandwich Whipped Potatoes Green Beans Coleslaw Seasonal Fruit</p> <p style="text-align: center;">BINGO</p>	7	<p style="text-align: right;">8</p> <p>Homemade Meatloaf w/Gravy Whipped Potatoes Chuckwagon Corn Mixed Green Salad Seasonal Fruit</p>
12	<p style="text-align: right;">13</p> <p>Mild Pork Carnitas Brown Spanish Rice Black Beans Mixed Green Salad Pineapple Tidbits</p> <p style="text-align: center;">BIRTHDAYS</p>	14	<p style="text-align: right;">15</p> <p><u>Father's Day Meal</u> Roast Beef w/Gravy Baked Potato w/Sour Cream Green Beans Mixed Green Salad Rocky Road Pudding Diet - Chocolate Pudding</p>
19	<p style="text-align: right;">20</p> <p>Sweet and Sour Chicken Fried Rice Napa Cabbage Mixed Green Salad Mandarin Oranges</p>	21	<p style="text-align: right;">22</p> <p>Roasted Turkey Breast w/Gravy Whipped Potatoes Spinach Mixed Green Salad Seasonal Fruit</p>
26	<p style="text-align: right;">27</p> <p>Swedish Meatballs Egg Noodles Green Peas Mixed Green Salad Tropical Fruit BINGO</p>	28	<p style="text-align: right;">29</p> <p>Tater Tot Casserole Spiced Beets Coleslaw Hot Spiced Fruit Chocolate Chip Cookie Diet - Vanilla Wafers</p>

HAPPY BIRTHDAY

JANE SHANNON 6/4
BETINA LINDSAY 6/12
JERI WALKER 6/13
JOAN FISHER 6/13
CRAIG HIRSCHI 6/19



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A suggested donation of \$3.00 is requested from seniors 60 and older.

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Persons under 60 can Enjoy a meal for \$7.00.

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Milk and Bread served with all meals.