




# June 2020 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>1</b> Fish and Chips Peas Potato Wedges Whole Wheat Roll Pineapple	<b>2</b> Beef Lasagna Lima Beans Carrots Whole Wheat Roll Apricots	<b>3</b> Chicken Burrito Bowl Rancho Vegetables Black Beans Spanish Rice Mango	<b>4</b> Apple Pancakes Scrambled Eggs Tomato Slices Hash Browns Fresh Fruit	<b>5</b> Caribbean Style Pork** Sautéed Green Beans Spinach Brown Basmati Rice Peach Crisp	
<b>8</b> BBQ Chicken Grilled Vegetables Sweet Corn Nuggets Whole Wheat Roll Watermelon	<b>9</b> Bratwurst** Baked Beans Steamed Cabbage Whole Wheat Bun Vanilla Pudding Grapes	<b>10</b> Tuna Salad Sandwich Mango Salad Beets Whole Wheat Bun Oranges	<b>11</b> Broccoli & Beef Bean Sprouts Fried Rice Whole Wheat Roll Sliced Peaches	<b>12</b> Strawberry Chicken Salad Cucumber Salad Corn Salad Whole Wheat Crackers Apple Sauce	
<b>15</b> Hamburger Winter Blend Vegetables Tater Tots Strawberry Cake Fresh melon 	<b>16</b> Popcorn Shrimp Ratatouille Carrots Brown Rice Banana	<b>17</b> Roasted Turkey w/ Gravy Green Beans Mashed Potatoes Slice Whole Wheat Bread Mixed Berries	<b>18</b> Chicken Tamales Fire Roasted Corn Mexican Coleslaw Spanish Rice Fresh Fruit	<b>19</b> Pork Roast w/ Gravy** Asparagus Cauliflower Whole Wheat Roll Tropical Fruit	
<b>22</b> Baja Baked Fish Tacos Cilantro Lime Slaw Pinto Beans Whole Wheat Tortilla Mango	<b>23</b> Orange Chicken Thai Vegetables Broccoli Rice Whole Wheat Roll Mandarin Oranges	<b>24</b> Pepper Steak California Beans Scalloped Potatoes Corn Bread Pears	<b>25</b> Pork Chops** Mango Corn Salsa Chef's Vegetables Garden Salad Whole Wheat Roll Apricots	<b>26</b> Chicken Summer Salad Marinated Vegetable Salad Creamy Cucumber Salad Whole Wheat Crackers Honeydew	
<b>29</b> Ground Pork Spaghetti** Roasted Brussel Sprouts Vegetable Blend Whole Wheat Bread Key Lime Pie Apple	<b>30</b> Summer Beef Stew Garden Salad Cauliflower Whole Wheat Roll Fruit Cocktail	 			<b>Father's Day</b> <i>Sunday, June 21</i>  To all the fathers and father-figures in our lives, we celebrate you and your impact on our lives on Father's Day and every day!

Aster Aging is funded in part by Area Agency on Aging Region One

Items with \*\*contain pork or pork products. Menu subject to change.