

June 2025 | LUNCH MENU



Mon	Tue	Wed	Thu	Fri
2 Shrimp Alfredo on Penne Pasta, Broccoli, Mixed Vegetables, and Pineapple Chunks.	3 Broccoli and Cheese Stuffed Chicken Breast, Spinach, Baby Carrots, a Whole Wheat Biscuit, and an Apple.	4 Beef Stew, Carrots and Potatoes, Broccoli, a Whole Wheat Biscuit, and Apricot Slices.	5 Barbeque Chicken Sandwich, Whole Wheat Bun, Potato Wedges, 4-Way Veggie Medley, and Grapes.	6 Veggie Lasagna, Normandy Vegetables, Garden Green Salad, a Whole Wheat Roll, and a Banana.
9 Open-Faced Roast Beef Sandwich on Whole Wheat Bread, Roasted Red Potatoes, Green Beans, Mandarin Orange Slices, and Whole Wheat Fig Newton's.	10 Cheese Ravioli with Spinach, 3-Bean Salad, Sliced Beets, a Whole Grain Roll, and Pineapple Chunks.	11 Salisbury Steak, Mashed Potatoes, Normandy Vegetables, a Whole Grain Roll, and a Peach Crisp with Oatmeal Topping.	12 Cod Fillet, Brussels Sprouts, Chuck Wagon Corn, Brown Rice Pilaf, and Mixed Berries.	13 Chicken Parmesan, Italian Blend Vegetables, Wax Beans, Whole Wheat Penne Pasta, and Strawberries.
16 Veggie Lasagna, Yellow Squash, 5-Way Vegetable Mix, an Italian Breadstick and Cubed Mangoes.	17 Roasted Pork** Loin , Cauliflower, Peas, Brown Rice Pilaf, Mixed Berries, and Whole Wheat Fig Newton's.	18 Bean and Cheese Burrito with Mexican Corn, Bell Peppers and Onions, Spanish Brown Rice, and Cubed Mangoes.	19 Meatloaf, Roasted Skin-On Potatoes, Brussels Sprouts, a Whole Grain Roll, and a Peach Crisp with Oatmeal Topping.	20 Chicken Kiev, Stewed Tomatoes, Italian Green Beans, a Whole Wheat Roll, and a Banana.
23 Beef Stir Fry with Rice, Bell Peppers and Onions, Asian Vegetable Blend, Roasted Tomatoes, and a Granny Smith Apple.	24 Chicken Taco on a Whole Wheat Tortilla, Refried Beans, Corn, and Pineapple Chunks.	25 Baked Ham** with Pineapple, Yams, Edamame, a Whole Wheat Roll, and Apricot Slices.	26 Beef Philly Cheesesteak on a Whole Wheat Hoagie, Mixed Vegetables, Potato Chips, and A Pear.	27 Tuna Salad Sandwich on Whole Grain Bread, Celery and Carrot Sticks, Broccoli Salad with Bacon Bits** , and Mandarin Orange Slices.
30 Cheese Ravioli with Spinach, Italian Vegetable Blend, Cauliflower, a Whole Grain Bread Stick, and Sliced Apples.	1	2	3	4

TCAA IS FUNDED
IN PART BY AREA
AGENCY ON
AGING, REGION
ONE.

MENU SUBJECT TO
CHANGE DUE TO
AVAILABILITY.

ITEMS WITH **
CONTAIN PORK
OR PORK
PRODUCTS