**Lunch Menu** | **June 2022**

Menu items are subject to change due to the availability of food items. Items with \*\* contain pork or pork products

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| **MONDAY** | **TUESDAY** | WEDNESDAY | **THURSDAY** | **FRIDAY** |
| Call to sign up, or to cancel your meal order:  ***Text  Description automatically generated with medium confidence*480-858-6510** |  | 1  Turkey w/ Gravy  Mashed Potatoes  California Blend Vegetables  Whole Wheat Roll  Apple Sauce | 2  Sloppy Joe  Corn  Green Beans w/ Tomatoes  Whole Wheat Bun  Banana | 3  BBQ Chicken  Edamame  Roasted Potatoes  Whole Wheat Roll  Cinnamon Peaches |
| 6  Cold Salad Plate  Egg, Beets & 3-Bean  Whole Wheat Crackers  Pineapple | 7  Philly Beef w/ Cheese Sauce  Mixed vegetables  French Fries  Whole Wheat Hoagie  Fresh Pear | 8  Cheese Ravioli w/ Spinach  Italian Blend Vegetables  Cauliflower  Whole Grain Bead Stick  Sliced Apples | 9  Italian Sausage Sandwich\*\*  Broccoli  4-Way Mixed Vegetables  Whole Wheat Bun  Fruit Cup | 10  Cheeseburger  Baked Beans  Lettuce & Tomato  Whole Wheat Bun  Mixed Berries |
| 13  **Tuna Salad Sandwich**  Celery & Carrot Sticks  Broccoli Salad  Whole Grain Bread  Mandarin Orange | 14  Turkey Ala King  Sweet Potato  Spinach  Whole Wheat Biscuit  Fruit Cocktail  **Birthday Cake** | 15  Beefy Macaroni & Cheese  Mixed Vegetables  Carrot Coins  Whole Wheat Roll  Orange | 16  Paprika Chicken  Winter Blend Vegetables  Zucchini  Whole Grain Bread Stick  Pineapple | 17  Pulled Pork Sandwich\*\*  Spinach  Baked Beans  Whole Wheat Bun  Strawberries |
| 20  Meatloaf w/ Gravy  Mashed Potatoes  Peas  Whole Wheat Roll  Mixed Berries | 21  Grilled Chicken  Roasted Tomatoes  3-Bean Salad  Whole Wheat Roll  Gala Apple | 22  Turkey Meatballs w/ Gravy  Garden Salad  Balsamic Carrots  Whole Grain Roll  Mandarin Oranges | 23  Steak Diane  Succotash  Wax Beans  Whole Wheat Roll  Apple Crisp | 24  Chicken Kiev  Stewed Tomatoes  Italian Green Beans  Whole Wheat Roll  Grapes |
| 27  Baked Ham w/ Pineapple\*\*  Yams  Edamame  Whole Wheat Roll  Apricots | 28  Teriyaki Beef  Yellow Squash  Broccoli & Cauliflower  Brown Rice  Cinnamon Pears | 29  Chicken Salad Sandwich  Lettuce & Tomato  Carrot Sticks  Whole Wheat Bread  Banana | 30  Beef Tacos  Lettuce, Tomato & Cheese  Mexican Rice  Pinto Beans  Strawberries  Cookie | Menu subject to change due to availability.  *Aster Aging is funded in part by Area Agency on Aging, Region One.* |