


# ADAPTIVE RECREATION JUNE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Pepper Steak Steamed Corn Chilled Mixed Fruit Oatmeal Raisin Cookies Whole Wheat Bread Choice of Milk	<b>4</b> Chicken Strips with Cream Gravy Whipped Potatoes Three Bean Salad Bread Pudding with Rum Sauce Whole Wheat Bread Choice of Milk	<b>5</b> Tuna Salad Plate with Lettuce, Pickle Spear, Sliced Pineapple Chilled Grape Juice Oreo Pudding Saltine Crackers Choice of Milk	<b>6</b> Oven Baked Chicken Black-eyed Peas Carrot Raisin Salad Chilled Sliced Pears Fresh Baked Cornbread Choice of Milk	<b>7</b> Meatball Stroganoff served over Egg Noodles Seasoned Green Beans Tomato Wedge(2) Cherry Jubilee Cookies Dinner Roll Choice of Milk
<b>10</b> Creole Chicken served over Rice Fried Okra Chilled Juice Vanilla Pudding Swirl Whole Wheat Bread Choice of Milk	<b>11</b> Tostada with Beef, Beans, Lettuce, Tomato, Cheese Salsa, Sour Cream, Jalapenos Sliced Peaches Ice Cream Choice of Milk	<b>12</b> Swiss Steak Baked Potato with Sour Cream Sliced Carrots Coconut Pie Whole Wheat Bread Choice of Milk	<b>13</b> Fried Fish with Tartar Sauce Baked Beans Creamy Coleslaw Cantaloupe Slice Whole Wheat Bread Choice of Milk	<b>14 FATHERS DAY</b> Steak Finger served with Cream Gravy Whipped Potatoes Green Pea Salad Apple Jubilee Dinner Roll Choice of Milk
<b>17</b> Spaghetti with Meat Sauce Italian Vegetables Chilled Juice Mandarin Oranges Garlic Bread Choice of Milk	<b>18</b> Peppered Beef Tips served over White Rice Seasoned Green Beans Chocolate Chip Cookies Dinner Roll Choice of Milk	<b>19 JUNETEENTH</b> Smoked Sausage Pinto Beans with Sliced Onion Chilled Potato Salad Sliced Watermelon Whole Wheat Bread Choice of Milk	<b>20</b> Oven Baked Chicken Breast Sliced Carrots Brown Bean Salad Pudding with Topping Whole Wheat Bread Choice of Milk	<b>21</b> Savory Meatloaf Buttered Hominy Mixed Green Salad with Dressing Lemon Cake Whole Wheat Bread Choice of Milk
<b>24</b> Sliced Ham Macaroni and Cheese Mixed Vegetables Tropical Fruit Dinner Roll Choice of Milk	<b>25</b> Hamburger on a Bun Lettuce, Tomato, Pickle, Onion French Fried Potatoes Mustard, Ketchup, Mayonnaise Lime Whip Choice of Milk	<b>26</b> Herbed Baked Chicken Pasta with Alfredo Sauce Brussels Sprouts Chilled Peach Half Whole Wheat Bread Choice of Milk	<b>27 BIRTHDAYS</b> Salisbury Steak Parmesan Baked Potato Mixed Green Salad with Dressing Birthday Cake Dinner Roll Choice of Milk	<b>28</b> Mexican Casserole Salsa/ Sour Cream, Jalapenos White Hominy Cucumber Corn Salad Gelatin with Topping Choice of Milk
<b>30</b> Chicken Spaghetti Turnips and Tops Chilled Juice Peanut Butter Cookies Whole Wheat Bread Choice of Milk				

**ROSE PARK SENIOR CENTER**  
**LUNCH SERVED 11:30 A.M. TO 12:15 P.M.**  
**TAKE-HOME MEALS 12:15 P.M. TO 12:30 P.M.**

**COBB, G.V. DANIELS, SEARS**  
**LUNCH SERVED 11:30 A.M. TO 12:15 P.M.**  
**TAKE-HOME MEALS-12 P.M. TO 12:15 P.M.**

***MENUS SUBJECT TO CHANGE WITHOUT NOTICE***