



# June

## MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>JOIN US FOR LUNCH!</b>            Lunch is served at OPC Mon - Fri at NOON            Reservations required -            Call 248.659.1032 by 11 am the day prior            COST: 60 &amp; over - \$3 donation   Under 60 - \$4 charge</p>			<p><b>1 Beef Stroganoff</b>            Egg Noodles            French Cut Beans            Peach Halves            Dinner Roll</p>	<p><b>2 Oven Baked Fish</b>            Scalloped Potatoes            Salad            Broccoli Cuts            Apricots            Dinner Roll</p>
<p><b>5 Stuffed Cabbage</b>            Oven Roasted Potatoes            Parsley Carrots            Fresh Pear            Breadstick</p>	<p><b>6 Chicken Tenderloin w/Gravy</b>            Whole Potatoes            Mixed Vegetable            Fruit Medley            Dinner Roll</p>	<p><b>7 Italian Ravioli</b>            Broccoli Cuts            Three Bean Salad            Fruit Cocktail            Dinner Roll</p>	<p><b>8 Sweet &amp; Sour Meatballs</b>            Rice            Sugar Snap Peas            Oriental Blend Vegetable            Orange Salad/Dinner Roll</p>	<p><b>9 Breaded Fish</b>            Sliced Potatoes            Peas            Fresh Apple            Bread</p>
<p><b>12 Lasagna</b>            Cut Green Beans            Creamy Cole Slaw            Apple            Wheat Bread</p>	<p><b>13 Pork Chop Creole</b>            Roasted Potato            Asparagus            Peach Slices            Whole Wheat Bread</p>	<p><b>14 Smothered Chicken</b>            Red Skin Potatoes            Mixed Vegetables            Fruit Cocktail            Wheat Bread</p>	<p><b>15 Bratwurst on Bun</b>            German Potato Salad            Sauerkraut            Apricots</p>	<p><b>16 Fish</b>            Oven Roasted Potatoes            Capri Blend Vegetable            Orange            Wheat Roll</p>
<p><b>19 Macaroni &amp; Cheese</b>            Baby Beets            Romaine Salad            Fruit Salad            Corn Muffin</p>	<p><b>20 Chicken Cutlet w/Gravy</b>            Roasted Potatoes            Broccoli Cuts            Fresh Pear            Breadstick</p>	<p><b>21 Chicken w/Vegetables</b>            Egg Noodles            Garden Salad            Grapes            Dinner Roll</p>	<p><b>22 Turkey Burger on Bun</b>            Tomato Salad            Three Bean Salad            Red Apple</p>	<p><b>23 Tuna Pasta Salad</b>            Shredded Lettuce            Sliced Peaches            Mini Muffin</p>
<p><b>26 Stuffed Green Pepper</b>            Sliced Potatoes            Normandy Vegetable            Apricots            Wheat Bread</p>	<p><b>27 Meatloaf w/Gravy</b>            Whole Potatoes            Brussel Sprouts            Banana            Dinner Roll</p>	<p><b>28 Breaded Pork Patty</b>            Red Skin Potatoes            Peas            Applesauce            Dinner Roll</p>	<p><b>29 Chicken Parmesan</b>            Garlic Mashed Potatoes            Mixed Vegetable            Pears            Fresh Orange</p>	<p><b>30 Ham Low Sodium</b>            Scalloped Potatoes            Steamed Peas            Baked Apples            Dinner Roll</p>

Older Persons' Commission | 650 Letica Drive | Rochester, MI | 48307 248.656.1403

The Senior Nutrition Program of the Area Agency on Aging 1-B is funded in part by the Federal Older Americans Act and the Michigan Department of Health & Human Services (MDHHS)/Aging and Adult Services Agency (AASA) and complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended, and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodations will be provided upon notification or request. Contact information: [www.aaa1b.org](http://www.aaa1b.org) • 1.800.852.7795