

Sunland Dining Center

June 2024 - Congregate Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARLINE MOTTS DINING COORDINATOR SUGGESTED DONATION OF \$3.10 FOR THOSE 60 YEARS OLD AND OVER				
3. SW Shredded Chicken Corn Tortilla Pinto Beans *Spinach Salad w/Kale, Bell Pepper, & Cucumber w/1000 Island Peaches OR Melon Drsg Low fat Milk	4. Shepherd's Pie (Turkey) w/Mashed Potatoes Whole Grain Roll Carrots Mixed Salad Greens w/French *Orange OR Kiwi Dressing Low fat Milk	5. Baked Fish Almandine Barley w/Herbs Green Beans w/Herbs *Coleslaw w/Bell Pepper Yogurt Parfait w/Berries Low fat Milk	6. Chicken Adobo Brown Rice Green Peas Mesclun Salad & Garbanzo Beans w/Ranch Dressing *Pineapple & Mango Fruit Cup Low fat Milk	7. Garden Vegetable Lasagna w/Zucchini & Mushrooms Broccoli Caesar Salad w/Caesar Dressing *Cantaloupe OR Orange Low fat Milk
10. Quiche w/Spinach & Mushrooms Whole Grain Roll Mixed Vegetable Blend Broccoli Salad Cinnamon Applesauce Low fat Milk	11. Cashew Chicken w/Lo Mein Noodles Whole Grain Roll Green Peas *Beet & Mandarin Orange Salad Fresh Fruit in Season Low fat Milk	12. Enchilada Casserole (Turkey) Pinto Beans Mesclun Salad Mix w/Cilantro Dressing *Mango/Pineapple Fruit Cup Low fat Milk	13. Hungarian Goulash (Beef) w/ Elbow Macaroni Whole Grain Roll Roasted Brussels Sprouts Herbed Carrots *Fresh Orange/Oatmeal Cookie Low fat Milk	14. *Orange Juice Pot Roast (Beef) Whole Grain Dinner Roll Sage Mashed Potatoes Peas w/Pearl Onions Fresh Fruit in Season Chocolate Cake Low fat Milk
17. BBQ Chicken Whole Grain Roll Corn Chopped Mixed Salad w/Ranch Dressing *Strawberries Low fat Milk FOOD BANK	18. Salmon w/Dill Sauce Whole Grain Roll Sweet Potato *Tri Color Coleslaw Cinnamon Applesauce Low fat Milk <div style="text-align: center;">BAKE OFF CONTEST</div>	19. CENTER CLOSED IN OBSERVANCE OF 	20. *Orange Juice Vegetarian Chili Cornbread Green Beans Mixed Salad Greens w/French Dressing Banana Low fat Milk	21. Chicken Milanese w/Linguine w/Pesto Sauce Cauliflower & Zucchini Caesar Salad w/Romaine & Croutons w/Caesar Dressing *Orange/Vanilla Yogurt Parfait Low fat Milk w/Granola
24. *Orange Juice Spaghetti w/Meat Sauce (Turkey) Broccoli Mesclun Salad Mix w/Italian Dressing Fresh Pear OR Peach Low fat Milk	25. Mediterranean Chicken Pita Bread & Hummus Brown Rice Pilaf Roasted Vegetables Lentil Salad w/Cucumbers & Vinaigrette Dressing *Cantaloupe OR Tangerine Low fat Milk	26. Roast Turkey Breast Whole Grain Stuffing Butternut Squash OR Sweet Potato Green Peas w/Mushrooms *Kiwi OR Orange Lemon Pudding Low fat Milk	27. Tuna Nicoise Salad Whole Grain Roll Herbed Potato Salad OR Herb Roasted Potatoes *Creamy Coleslaw Fresh Apple Low fat Milk	28. Beef Fajita Flour Tortilla Spanish Brown Rice Pinto Beans Tossed Green Salad w/Cilantro Dressing *Pineapple & Mango Fruit Cup Low fat Milk

Lunch served at 11:30 AM - please arrive early to secure your meal! MENU IS SUBJECT TO CHANGE WITHOUT NOTICE. *Vitamin C Source