




# June 2021

This service is funded in part by a contract from the Minnesota River Area Agency on Aging, Inc. ® with funding from the Federal Older Americans Act through the Minnesota Board on Aging. Additional funds are provided by the State of Minnesota, United Ways, local communities, and other adult contributions. Approved by: Brittney Sterns, RD, LD Posted menu is regular diet & provides average of 700-800 calories. Diabetic, sodium and fat restricted menus available upon request. MENU SUBJECT TO CHANGE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
All meals are served with Bread/Margarine and 8oz Low Fat Milk  	Chicken with Pineapple Sauce over Rice Asian Vegetables Mandarin Oranges	Ham Egg Bake Breakfast Potatoes Warm Cinnamon Apples	Roast Turkey Mashed Potato/Gravy Green Bean Casserole Slice of Pie	Sloppy Joe Cheesy Hashbrowns Cole Slaw Bar
7	8	9	10	11
Tater Tot Hotdish Peas & Carrots Fruit Crisp	Swedish Chicken Meatballs over Egg Noodles Mixed Vegetables Rosy Applesauce	Roast Beef Mashed Potato/Gravy California Blend Veg Pudding Dessert	Spaghetti Carrots Cheese Cake	¼ Cornflake Chicken Potato Salad Corn Fruited Jello
14	15	16	17	18
Chicken Breast in Country Gravy Boiled Potato Carrots Tropical Fruit	Meatloaf Baked Potato Beets Fruit Cobbler	Chef Salad Fresh Fruit Bar	BBQ Ribs Scalloped Potatoes Green Beans Fruited Angel Food	Cranberry Chicken Buttered Boiled Potato Broccoli Pudding
21	22	23	24	25
Peppered Steak Au gratin Potatoes Peas Bar	Chicken & Rice Bake Creamed Corn Cream Puff Dessert	Hamburger Potato Salad Cole Slaw Bar	Creamy Southern Smothered Chicken over Herb Rice Broccoli Pears	Breaded Pork Patty in Country Gravy Boiled Potato Carrots Cake 
28	29	30		
Chicken Parmesan over Penne Pasta Salad/Dressing Green Beans Poke Cake	Roasted Pork Loin Mashed Potato/Gravy Carrots Peaches/Cookie	Peach -Glazed Chicken Sweet Potatoes Peas Bar	Supplemental Nutrition Assistance Program (SNAP) payments are accepted in lieu of donation. Contact your Site Manager for more information.	Gift Certificates available at your site or can be purchased on our website: <a href="http://www.prairiefive.org">www.prairiefive.org</a>