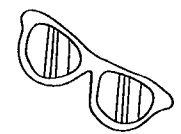




June 2025 Menu



Monday 2-Jun	Tuesday 3-Jun	Wednesday 4-Jun	Thursday 5-Jun	Friday 6-Jun
Biscuits and Gravy Sausage Scrambled Eggs Hashbrown Pineapple/Orange Juice Coffee/Tea/Milk	Chicken Salad Sandwich w/Celery & Onion on Sliced Wheat Bread Cucumber, Tomato and Onion Salad Potato Salad Jello Fluff Coffee/Tea/Milk	Cornbread Pork Cutlet w/ gravy Mashed Potatoes Buttered Carrots Wheat Roll Pears Coffee/Tea/Milk	Spaghetti w/ Meat Balls Dark Green Leafy Salad Green Beans Garlic Bread Ice Cream Coffee/Tea/Milk	Cooks Choice Coffee/Tea/Milk
9-Jun	10-Jun	11-Jun	12-Jun	13-Jun
Chicken Fried Steak/ white gravy Mashed Potatoes Broccoli Wheat Roll Rosie Applesauce Coffee/Tea/Milk	Meatloaf w/ Ketchup Mashed Potatoes w/ Gravy Carrots Peaches Wheat Roll Coffee/Tea/Milk	Sweet and Sour Chicken Fried Rice Oriental Vegetables Egg Roll Mandarin Oranges/Fortune Cookie Coffee/Tea/Milk	BBQ Meat Balls Dark Green Leafy Salad Green Beans Fruitcocktail Wheat Bread Coffee/Tea/Milk	BBQ Chicken Potato Salad Coleslaw Peach Crisp Wheat Roll Coffee/Tea/Milk
16-Jun	17-Jun	18-Jun	19-Jun	20-Jun
Baked Ham Sweet Potatoes Green Bean Casserole Wheat Roll Cinnamon Rolls Coffee/Tea/Milk	Goulash w/ Tomatoes and Onion Green Beans Dark Leafy Green Salad Wheat Roll Fruit Cocktail Coffee/Tea/Milk	Chef Salad w/ Egg & Cheese Tomatoes Cucumber Onion 1/2 Ham Sandwich Tropical Fruit Rosie Apple Sauce Coffee/Tea/Milk	Oven Fried Chicken Mashed Potatoes & Gravy Peas & Carrots Wheat roll Birthday Cake w/ fruit Coffee/Tea/Milk	Cooks Choice Coffee/Tea/Milk
23-Jun	24-Jun	25-Jun	Mediterranean 26-Jun	27-Jun
Taco Salad (meat, cheese, & beans) Lettuce, Tomatoes, & Onions Pineapple Tostitos Pudding Coffee/Tea/Milk	Chicken Tenders Green Leafy Salad w/ Spinach California Blend Veggies Apple Crisp w/ Van. Ice Cream Wheat Roll Coffee/Tea/Milk	Salisbury Steak w/ Caramelized Onions Mashed Potatoes w/ Gravy Carrots Strawberries and Bananas Wheat Roll Coffee/Tea/Milk	Chicken Kabob in bowl Cucumber and Tomato Salad Greek Potatoes Wheat Bread Strawberry Pretzel Salad Coffee/Tea/Milk	Cheeseburger w/ Bun Lettuce, Tomato, Onion, Pickle Potato Wedges Broccoli Salad Apple Salad Coffee/Tea/Milk
30-Jun				
Sloppy Joe w/ Bun Cold Pea Salad Macaroni Salad/w Tomatoes Peach Crisp w/ Van Ice Cream Coffee/Tea/Milk				



June is Alzheimer's & Brain Health Awareness Month... Here are some tips to help keep your brain healthy



Eat a balanced diet lower in fat & higher in fruits & vegetables

Keep an eye on your cardiovascular health, including quitting smoking

Become & stay socially engaged

Participate in learning new skills/classes

Get plenty of sleep & exercise