

SNAP MENU**236-6344****JUNE 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken & Broccoli Stir Fry Fluff Rice Spicy Carrots Romaine Salad W/Dressing Fruited Cherry Gelatin Wheat Bread	2 Meatloaf W/Tomato Sauce Mashed Potatoes Turnip Greens Wheat Bread Banana Pudding W/Wafers
5 Brown Sugar Glazed Ham Candied Sweet Potatoes Green Peas W/Red Peppers /Wheat Bread Hot Spiced Peaches	6 Turkey Sandwich Lettuce, Tomato, Onion Confetti Coleslaw Banana Oatmeal Cookie	7 Meatballs W/Brown Gravy Oven Potatoes Peas & Carrots Whole Wheat Roll Fruited Cherry Gelatin	8 BBQ Pork Sandwich Potato Salad Seasoned Navy Beans Lettuce, Tomato, Onion Hot Cinnamon Apples	9 Tuna Salad Green Pea Salad Cucumber Tomato Salad Whole Wheat Bread Fruit Cup W/Oranges
12 Baked Chicken Garden Blend Rice Green Beans Wheat Bread Angel Food Cake	13 Beef Pasta Casserole Mixed Vegetables Garden Salad Garlic Bread Melon Cubes	14 Pork Roast W/Brown Gravy Mashed Potatoes Vegetable Medley Whole Wheat Bread Escalloped Peaches	15 Chicken Patty Sandwich Lettuce, Tomato, Onion Pinto Beans Tangy Coleslaw Chunky Fruit Medley	16 Chef's Salad Pasta Salad Cucumber Tomato Salad Whole Wheat Roll Fresh Cantaloupe
19 Smothered Steak Mashed Potatoes Carrots Cornbread Orange	20 Chicken Tenders Cream Gravy Herbed Corn Cabbage & Red Peppers Whole Wheat Bread Peach	21 Pork Roast Broccoli Carrot Raisin Salad Whole Wheat Roll Fruit Cocktail Cake	22 Beef Tips Fluffy Rice Green Beans Cucumber Tomato Salad Whole Wheat Bread Apple Crisp	23 Chicken Salad Potato Salad Green Pea Salad Whole Wheat Bread Fresh Fruit Salad Oatmeal Cookie
26 Potato Crusted Fish Blackeye Peas Okra & Tomatoes Whole Wheat Roll Fruit Cup W/Oranges	27 Baked Chicken Whipped Sweet Potato Baby Lima Beans Whole Wheat Bread Melon Cubes	28 Spanish Beef & Rice Casserole Squash Medley Whole Wheat Bread Emerald Pears	29 Chicken Salad Pasta Salad Copper Penny Salad Whole Wheat Roll Lemon Iced Cookie	30 Meatloaf W/Tomato Sauce Mashed Potatoes Seasoned Broccoli Whole Wheat Roll Ginger Crisp Cookies

SNAP ACTIVITIES

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JUNE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5 Exercise 11:45	6	7 Blood Pressure Checks 10:30- 11:30 Exercise 11:45	8	9 Exercise 11:45
12 Exercise 11:45	13 Music By: Country Rose 10:30 – 11:30	14 Exercise 11:45 Bingo 10:30 – 11:30	15 Nutrition 11:45	16 Exercise 11:45
19 Exercise 11:45 AARP 5:00	20 PROGRAM: BEAT THE HEAT 11:15	21 Exercise 11:45 Bridge 10:00 – 3:00	22 Blood Pressure Checks 10:30- 11:30	23
26 Exercise 11:45	27	28 Exercise 11:45 Bingo 10:30 – 11:30 Bridge 10:00 – 3:00	29 Music by: Jim Gross 10:30 – 11:30	30 Music By: Tommy and the gang 10:00 -11:30