

## Tri-Valley Menu - June 2016

Monday	Tuesday	Wednesday	Thursday	Friday
Menu is Subject to Change  A \$3.00 donation is suggested but any amount you can afford is appreciated!		1  <b>Beef &amp; Bean Chili</b> Brown Rice Broccoli Fresh Fruit French Bread	2  <b>Pork Rib-i-que</b> Hot Potato Salad Corn Niblets Mandarin Oranges Hamburger Bun	3  <b>Cracker Crumb Fish</b> O'Brien Potatoes Tuscany Style Vegetables Brownie Diet=Small Serving Marble Rye Bread
6	7	8	9	10
<b>Beef with Jardinere Sauce</b> Mashed Potatoes Peas Tapioca Pudding Diet Tapioca Pudding Marble Rye Bread	<b>Hot Dog on Bun</b> Baked Beans Pasta Salad Cantaloupe Mustard Packet Hot Dog Bun	<b>Stuffed Shells</b> Spinach Pears French Bread	<b>Garlic Herbed Chicken</b> Couscous Winter Mix Vegetables Streusel Cake Diet=Small Piece Pumpnickel Bread	<b>Beef and Broccoli</b> Seasoned Rice Carrots Pineapple Whole Wheat Bread
13	14	15	16	17
<b>Beef Burgundy</b> Brown Rice Brussels Sprouts Cookie* Pumpnickel Bread	<b>Chicken Parmesan</b> Penne with sauce Corn Fresh Fruit French Bread	<b>Wild Alaskan Salmon w/Dill</b> Vegetable Couscous California Vegetables Vanilla Mousse Whole Wheat Bread	<b>Swedish Meatballs</b> Mashed Potatoes Scandinavian Vegetables Strawberry Shortcake Diet = 1/2c. Strawberries Marble Rye Bread	<b>American Chop Suey</b> Broccoli & Red Peppers Baked Apples Italian Bread
20	21	22	23	24
<b>Cheese &amp; Spinach Omelet</b> O'Brien Potatoes Mixed Vegetables Fruit Cocktail Whole Wheat Bread	<b>Roast Turkey with Gravy</b> Mashed Sweet Potatoes Tuscany Vegetables Chocolate Mousse Pumpnickel Bread	<b>Herb Roasted Pork</b> Potatoes Au Gratin Peas & Carrots Baked Apples Marble Rye Bread	<b>Spaghetti &amp; Meatballs</b> Green Beans Birthday Cake Diet=Plain Cake French Bread	<b>Lemon Thyme Chicken</b> Sour Cream & Chive Potato Scandinavian Vegetables Fresh Fruit Whole Wheat Bread
27	28	29	30	
<b>Greek Chicken</b> Steamed White Rice Broccoli Yogurt Marble Rye Bread	<b>Meatloaf &amp; Gravy</b> Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit French Bread	<b>Macaroni &amp; Cheese</b> Carrots Green Beans Mandarin Oranges Pumpnickel Bread	<b>Beef w/Peppers &amp; Onions</b> Potato Wedges Jardinere Vegetables Mixed Fruit Sandwich Roll	
Franklin 508 520-1422 Northbridge 508 234-2002 Spencer 508 885-3904 Upton 508 529-9094 Webster 508 949-6640 Milford 508 478-8102 Southbridge 508 764-1469 Oxford 508 987-6000 Uxbridge 774 482-6174 Sutton 508 234-0703 Sturbridge 508 347-5063 West Brookfield 508 867-1411 Tri-Valley receives federal financial support under the Older Americans Act furnished by Central Mass Agency on Aging and the Mass Office of Elder Affairs				