


Congregate Senior Nutrition Program

June 2025 – Menu

2 – Monday Mexican Chicken & Rice Corn Broccoli Pears Graham Crackers Salsa & Sour Cream CELEBRATE BDAYS 	3- Tuesday Sloppy Joe Potatoes O'Brien Wax Beans Cole Slaw Bun Mixed Fruit	4 – Wednesday Shepherd's Pie Lima Beans Black Eyed Peas Applesauce Bread	5 – Thursday Chicken Apple Crunch Salad Chopped Lettuce w/ Ranch Apricots Vanilla Pudding Bread	6 – Friday Tilapia OR Grilled Chicken Breast over White Rice Butternut Squash Garlic Green Beans Peaches SF Chocolate Pudding
9 – Monday Salisbury Steak w/mushroom gravy Potatoes w/gravy Beets Bread Mixed Fruit SF Vanilla Pudding	10 – Tuesday Chicken & Noodles Cauliflower Cooked Spinach w/ Vinegar Packet Mandarin Oranges Chocolate Pudding	11 – Wednesday Meatloaf w/.5oz gravy Potatoes w/.5oz gravy Butternut Squash Baked Apples Lorna Doones Bread	12 – Thursday Shredded Pork w/homemade BBQ Baked Beans Broccoli Cole Slaw Pineapple Bun	13 – Friday Beef Pot Roast w/gravy Potatoes w/gravy California Blend Apricots Vanilla Wafer Bread
16 – Monday Beef & Noodles Capri Vegetables Broccoli Mandarin Oranges Bread	17 – Tuesday Sloppy Joe Roasted Sweet Potatoes Peas & Carrots Bun Apricots Applesauce	18 – Wednesday Lemon Thyme Chicken over Rice Pilaf Sliced Carrots Broccoli Tossed Salad w/Italian SF Red Jello Bread	19 – Thursday <div style="text-align: center;">CLOSED FOR JUNETEENTH</div>	20 – Friday Honey Sriracha Pork Garlic Green Beans over White Rice Oriental Blend Vegetable Diced Pears Angel Food Cake
23 – Monday Goulash Green Beans Peaches Pears Breadstick	24 – Tuesday Beef Stew Seasoned Corn Potatoes w/gravy Baked Apples SF Jello Lg. Biscuit Guest Speaker @ WD – Brett Zerfowski, Central Cremation	25 – Wednesday Shredded BBQ Chicken Peas Butternut Squash Cole Slaw Applesauce Bun Guest Speaker @ OX – Brett Zerfowski, Central Cremation	26 – Thursday Honey Dijon Pork Roasted Sweet Potatoes Italian Vegetable Blend Bread Peaches Guest Speaker @ SC – Brett Zerfowski, Central Cremation	27 – Friday Tuna Noodle Casserole OR Turkey Patty w/gravy over White Rice Seasoned Broccoli Seasoned Cauliflower Mixed Fruit Graham Crackers Bread

**AQF desserts are diabetic-friendly treats for every palate. Our mixes are sugar free or no sugar added, trans fat free, low cholesterol, low sodium and a good source of fiber. SF – sugar free

All Meals served with 1% Milk/Tea/Water **The menu is subject to change**
SIGN UP 2 DAYS IN ADVANCE – 217-428-3459 / SUGGESTED DONATION \$4.00