

Council on Aging June 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

If you have any questions or need to cancel your meal
Contact:
Barbara Woody
919-542-4512 ext. 232

Chix Fajitas on Tortilla
Onions and Peppers
Mexican Rice
Lettuce and Tomato
Orange Slices
2% Milk

Beef Tips w/Gravy
Mashed Potatoes
Peas
Muffin
Skim Milk Pudding
2% Milk

Baked Chicken w/Gravy
Macaroni and Cheese
Peas and Carrots
Biscuit
Seasonal Fresh Fruit
2% Milk

Beefy Macaroni Bake
Buttered Broccoli
Warm Canned Fruit
Yeast Roll w/Jelly
2% Milk

Hamburger on Bun
Scalloped Potatoes
Baby Lima Beans
Orange Slices
2% Milk

Pork Tips w/Gravy
Buttered Cabbage
Okra and Tomatoes
Corn Muffin w/Jelly
Fruit Yogurt
2% Milk

Peppersteak w/Gravy
Mashed Potatoes
Green Beans
Seasonal Fresh Fruit
Biscuit w/Marg.
2% Milk

Barbeque Chicken
Yellow Rice
Green Beans
Canned Fruit
Biscuit
2% Milk

Sliced Ham w/Raisins
Steamed Cabbage
Great Northern Beans
Pineapple
Biscuit
2% Milk

Pork Loin w/Gravy
Brocc./Caul. Blend
Mashed Sweet Potatoes
Seasonal Fresh Fruit
Biscuit w/Marg.
2% Milk

Salisbury Steak w/Gravy
Mashed Potatoes
Mixed Vegetables
Yeast Roll w/Marg.
Cookies
2% Milk

Steakburger on Bun
Warm Potato Salad
Warm Fruit Crisp
2% Milk

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Beef Stew
Baby Lima Beans
Rice
Orange Slices
Biscuit w/Marg.
2% Milk

Baked Chicken on Bun
Roasted Red Potatoes
3 Bean Salad
Warm Fruit Crisp
2% Milk

Swedish Meatballs w/Gravy
Mashed Potatoes
Baby Carrots
Biscuit w/Marg.
Cookies
2% Milk

Chix Fajitas on Tortilla
Onions and Peppers
Mexican Rice
Shredded Cheese
Cinnamon Peaches
2% Milk

Chicken Pasta Casserole
Broccoli
Warm Canned Fruit
Cookies
2% Milk

Cheeseburger on Bun
Lettuce/Tomato
Baked Beans
Warm Canned Fruit
2% Milk

Beef Taco on Tortilla
Corn
Mexican Rice
Shredded Lett.,Tom., Cheese
Cinnamon Applesauce
2% Milk

Pork BBQ on Bun
Slaw
Parsley Potatoes
Cookies
2% Milk

Pinto Beans
Vegetable Blend w/Carrots
Macaroni and Cheese
Orange Slices
Yeast Roll w/Marg.
2% Milk