

**VALENCIA COUNTY OLDER AMERICAN PROGRAM  
MONTHLY MENU – June 2013**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>Thursday</b>	<b>FRIDAY</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>Three Bean Salad</b> <b>Beef Tips/</b> <b>Mushroom Sauce</b> <b>Carrots</b> <b>Rice-Milk</b> <b>Crackers-Fruit</b>	<b>Lettuce &amp; Tomato</b> <b>Onion &amp; Green Chile</b> <b>Cheeseburger</b> <b>Tator tots</b> <b>Bun</b> <b>Milk</b> <b>Fruit</b>	<b>Carrot Pineapple Salad</b> <b>Pork Carne Adovada</b> <b>Refried Beans</b> <b>Flour Tortilla</b> <b>Milk</b> <b>Peach Cobbler</b>	<b>Salad</b> <b>Grilled Onions</b> <b>Ground Beef Steak</b> <b>Green Beans</b> <b>Mashed Potatoes</b> <b>Roll-Milk</b> <b>Fruit</b>	<b>Tuna Sandwich</b> <b>Lettuce &amp; Tomato</b> <b>Carrot Sticks</b> <b>Macaroni Salad</b> <b>Bread-Milk</b> <b>Fruit</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>Cole Slaw</b> <b>Sloppy Joes</b> <b>Onions &amp; Jalapenos</b> <b>Tator Tots</b> <b>Bun- Milk</b> <b>Fruit</b>	<b>Corned Beef &amp; Cabbage</b> <b>Carrots</b> <b>Onions</b> <b>Irish Potatoes</b> <b>Bread-Milk</b> <b>Fruit</b>	<b>Salad</b> <b>Chicken Strips</b> <b>Peas &amp; Carrots</b> <b>Rice</b> <b>Bread-Milk</b> <b>Fruit</b>	<b>Tomato &amp; Onion Salad</b> <b>Hot Roast Beef Sandwich</b> <b>Broccoli</b> <b>Mashed Potatoes</b> <b>Bread-Milk</b> <b>Fruit</b>	<b>Cole Slaw</b> <b>Chili Cheese Dogs</b> <b>Onions</b> <b>Potato Chips</b> <b>Bun-Milk</b> <b>Fruit</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>3 Bean Salad</b> <b>Beef Stew W/</b> <b>Potatoes &amp; Vegetables</b> <b>Crackers</b> <b>Milk-Fruit</b>	<b>Zucchini Salad</b> <b>Beef Tacos</b> <b>Salsa-Lettuce-Tomato</b> <b>Pinto Beans</b> <b>Milk</b> <b>Fruit</b>	<b>Tomato &amp; Onion Salad</b> <b>Hot Turkey Sandwich</b> <b>Brussel Sprouts</b> <b>Mashed Potatoes</b> <b>Bread-Milk</b> <b>Fruit</b>	<b>3 Bean Salad</b> <b>Chicken In Mushroom</b> <b>Sauce</b> <b>Carrots-Rice</b> <b>Crackers-Milk</b> <b>Fruit</b>	<b>Carrot Salad</b> <b>Roast Pork</b> <b>Broccoli</b> <b>Scalloped Potatoes</b> <b>Roll-Milk</b> <b>Fruit</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>3 Bean salad</b> <b>Beef And Macaroni</b> <b>Italian Vegetable</b> <b>Garlic Bread</b> <b>Milk</b> <b>Fruit</b>	<b>Salad</b> <b>Polish Sausage-Onions</b> <b>Sauerkraut</b> <b>Ranch Beans</b> <b>Bun-Milk</b> <b>Fruit</b>	<b>Potluck &amp; Monthly</b> <b>Birthday Party</b> <b>with</b> <b>Fiddlers &amp; Musicians</b> <b>of</b> <b>New Mexico</b>	<b>Cucumber Salad</b> <b>Chicken Salad Sandwich</b> <b>Lettuce &amp; Tomato</b> <b>Potato Chips</b> <b>Bread-Milk</b> <b>Fruit</b>	<b>Carrot Salad</b> <b>Fish Sandwich</b> <b>Broccoli</b> <b>Tator Tots</b> <b>Bun-Milk</b> <b>Fruit</b>