

**SENIOR
JUNE
2022**



**SERVING SENIORS
BOONE
LEE
OGLE
WINNEBAGO
COUNTIES**

**MENU IS SUBJECT
TO CHANGE WITHOUT
NOTICE**

**To make a
reservation
in Rockford**

**815-963-1609
or
1-800-779-1189**

**RESERVATIONS
&
CANCELLATIONS
CALL BY 10:00 AM
THE DAY BEFORE**

***CHOICE A only sent to
MEALS ON WHEELS
CLIENTS**

**THERE ARE
NO
SUBSTITUTIONS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		A.) MEATLOAF MASHED POT/GRAVY GLAZED CARROTS WGR DINNER ROLL PEACH COBBLER B.) LIVER & ONIONS	SLOPPY JOE WGR WHEAT BUN TATOR TOTS GREEN BEANS TROPICAL FRUIT CUP	LEMON TILAPIA WILD RICE PEAS WGR DINNER ROLL FRUIT COCKTAIL
6	7	8	9	10
B.B.Q. CHIX BREAST WGR WHEAT BREAD - 1 CHEESY POTATOES GREEN BEANS PINEAPPLE TIDBITS	ITAL. CHIX SALAD W\GREENS CARROTS, EGGS, CUKES TOMATOES, CHEESE WGR DINNER ROLL \ BUTTE FRUIT JUICE	A.) BAKED CHICKEN QTR MASHED POT/GRAVY BROCCOLI WGR DINNER ROLL PEACHES B.) HAM/VEGETABLE	MUSHROOM SWISS BURGER ON WGR BUN BUTTERED RED POT. BAKED BEANS TROPICAL FRUIT CUP	FISH PATTY MAC & CHEESE WGR BUN CALIF. BLEND VEGGIES CINN. APPLESAUCE TARTAR SAUCE
13	14	15	16	17
SALISBURY STEAK SCALLOPED POTATOES PEAS WGR DINNER ROLL MIXED FRUIT	CHICKEN CAESAR SALAD GREENS, TOMATOES CUKES, , PARM.CHEESE WGR DINNER ROLL \ BUTTE FRUIT JUICE	RAVIOLI W/ MEATSAUCE GREEN BEANS CAULIFLOWER WGR GARLIC BREAD TROPICAL FRUIT CUP	A.) HOT TURKEY SAND. MASHED POT/GRAVY MIXED VEGETABLES WGR WHEAT BREAD - 2 CHERRY CRISP B.)HAM/CHIX NOODLE	JUMBO HOT DOG WGR BUN POTATO WEDGES BAKED BEANS PEACHES KETCHUP/MUSTARD
20	21	22	23	24
CHICKEN PARMESAN PASTA W/ MARINARA SICILIAN BLEND VEG WGR DINNER ROLL DICED PEARS	CHEF SALAD W\GREENS TURKEY & HAM CUKES, EGGS, TOM, CHEESE WGR DINNER ROLL \ BUTTE MANDARIN ORANGES	POLISH SAUSAGE SAUERKRAUT POTATO WEDGES BAKED BEANS CHILLED APPLESAUCE WGR HOT DOG BUN	CHEESE OMELETT SAUSAGE PATTIES WGR BLUEBERRY MUFFIN HOT PEACHES	A.) PEPPER STEAK MASHED POT/GRAVY GLAZED CARROTS WGR WHEAT BREAD - 1 PINEAPPLE TIDBITS B.) TURKEY/VEGETABLE
27	28	29	30	
HAMBURGER PATTY WGR WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES DICED PEARS	BBQ CHIX BREAST CHEESY POTATOES SEAS. GREEN BEANS WGR DINNER ROLL FRUIT COCKTAIL	BAKED PORK CHOP MASHED POT/GRAVY CALIF. BLEND VEG. WGR WHEAT BREAD 1 APPLESAUCE	SWEET AND SOUR MEATBALLS FLUFFY RICE BLENDED VEGGIES WGR DINNER ROLL DICED PEARS	8 oz. Low Fat Milk served with all lunches.

