

JUNE 2023




VALLEY SENIOR SERVICES: RANSOM SARGENT REGIONAL MEALS ON WHEELS & TAKE OUT MEALS AT CENTERS

Suggested donation \$4.00 a meal for people 60+ and spouse of 60+

UNDER 60 IS A CHARGE OF \$9.00 PER MEAL

SNAP vouchers accepted by calling the Lisbon Office

ALL MEALS INCLUDE 8 oz 1% MILK

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
|  |  | | 1 | 2 |
| 5 | 6 | 7 | 8 | 9 |
| Fish Sandwich on a Whole Wheat Bun w/Tartar Sauce Carrots Au Gratin Potatoes Cinnamon Apple Sauce Whole Wheat Dinner Roll | Grilled Chicken Breast Potato Salad Green Beans Pears Whole Wheat Bread x2 | Beef Stir Fry w/Orzo Stir Fry Vegetables Mandarin Oranges Whole Wheat Bread | Creamed Chicken Mashed Potatoes Steamed Broccoli Mandarin Oranges Whole Wheat Bread x2 | Pork Roast Mashed Potatoes & Gravy Steamed Brussels Sprouts Fruit Whole Wheat Bread x2 |
| 12 | 13 | 14 | 15 | 16 |
| BBQ Pork Wing Baked Sweet Potato Diced Beets Fruit Whole Wheat Bread x2 | Chicken & Noodles Steamed Peas Tossed Salad w/Dressing Apple Sauce Whole Wheat Bread | Braised Pork Chop Baked Potato w/Sour Cream Waxed Beans Melon Wedge Whole Wheat Bread x2 | Sloppy Joe on a Whole Wheat Bun Peas & Carrots Cubed Potatoes Blushing Pears Ketchup | Baked Meatballs Egg Noodles Broccoli Baked Apple Spinach Salad w/Dressing Whole Wheat Bread |
| 19 | 20 | 21 | 22 | 23 |
| Stuffed Shells w/Sauce Squash Steamed Cauliflower Fruit Whole Wheat Bread | Roast Turkey w/Gravy Mashed Potatoes Steamed Carrots Apple Whole Wheat Bread x2 | Bratwurst Baked Potato Broccoli Diced Peaches Whole Wheat Bread x2 | Stuffed Cabbage Mashed Potatoes Green Beans Banana Whole Wheat Bread | Tuna Noodle Casserole Mixed Vegetables Fruit Whole Wheat Bread |
| 26 | 27 | 28 | 29 | 30 |
| BBQ Chicken Baked Potato w/Sour Cream Broccoli Mandarin Oranges Whole Wheat Bread x2 | Baked Salmon Green Beans Tossed Salad w/Dressing Peaches Whole Wheat Bread x2 | Country Ham Scalloped Potatoes Stewed Tomatoes Banana Whole Wheat Bread x2 | Salisbury Steak w/Mushroom Sauce Mashed Potatoes Lemon Parsley Carrots Fruit Cocktail Whole Wheat Bread  | Roast Pork w/Gravy Roasted Potatoes Peas Fruit Whole Wheat Bread x2 |