

CALL IF EATING IN  
BEFORE 9am

Suggested  
Donation \$4 (802)287-9200

Under 60 suggested  
donation of \$6

Meals Served 12:00

Jun-26

| Tuesday   |   | Wednesday   |  | Thursday |  | Friday |  |
|---|---|---|--|----------|--|--------|--|
| 2   |   | 3   |  | 4        |  | 5      |  |
| Baked Fish<br>Rice<br>Garden Salad<br><br><u>Bone Builders 9:30</u>   | Matza Ball Soup<br>Ham or Turkey Sandwich<br>Cole Slaw<br>Mandarin Oranges<br><br><u>Card Playing 1:00 PM</u> | Meatloaf<br>Mashed Potatoes<br>Gravy<br>Peas & Carrots<br>Berry Crisp<br><br><u>Bone Builders 9:30</u>  | Chicken Parmesan<br>Pasta<br>Garden Salad<br>Peaches<br><br><u>Chair Yoga @1</u>                     | 9        |  | 10     |  |
| Chef Salad w/ Ham,<br>Turkey, Cheese,<br>Chickpeas<br>Yogurt Parfait w/<br>Berries<br><br><u>Bone Builders 9:30</u> | Chicken & Biscuits<br>Mashed Potatoes<br>Pea & Carrots<br>Cranberry Sauce<br><br><u>Card Playing 1:00 PM</u>  | <b>BIRTHDAY DINNER</b><br>Roast Pork w/Gravy<br>Mashed Sweet Potatoes<br>Stuffing<br>Broccoli & Cauliflower<br>Pears<br><br><u>Bone Builders 9:30</u> | Swiss Steak<br>Pasta<br>Garden Salad<br>Mandarin Oranges<br><br><u>Chair Yoga @1</u>                 | 16       |  | 17     |  |
| Mexican Lasagna<br>Garden Salad<br>Pineapple<br><br><u>Bone Builders 9:30</u>                                       | Baked Chicken<br>Brown Rice<br>Brussels Sprouts<br>Cole Slaw<br><br><u>Card Playing 1:00 PM</u>               | Vegetable Frittata<br>Bacon<br>Home Fries<br>Yogurt Parfait w/Berries<br><br><u>Bone Builders 9:30</u>  | Pot Roast w/ Gravy<br>Mashed Potatoes<br>Carrots<br>Fruit Crisp<br><br><u>Chair Yoga @1</u>          | 23       |  | 24     |  |
| Turkey Tetrazzini<br>Garden Salad<br>Mandarin Oranges<br><br><u>Bone Builders 9:30</u>                              | BBQ Chicken<br>Potato Salad<br>Pasta Salad<br>Cole Slaw<br>Pears<br><br><u>Card Playing 1:00 PM</u>           | Pulled Pork Sandwich<br>Baked Beans<br>Beets<br>Cole Slaw<br>Pineapple<br><br><u>Bone Builders 9:30</u>   | Mac & Cheese<br>Stewed Tomatoes<br>Broccoli<br>Yogurt Parfait w/ Berries<br><br><u>Chair Yoga @1</u> | 30       |  |        |  |
| Beef Tips<br>Egg Noodles<br>Garden Salad<br>Peaches<br><br><u>Bone Builders 9:30</u>                                |   |   |  |          |  |        |  |

ALL MEALS INCLUDE: 1% Milk, Whole Wheat Bread, and Low Sodium Gravy. Menu is subject to change without notice due to product availability and Nutritionist. Garden Salads consist of Lettuce, Tomatoes, and peppers.