

JUNE 2018 MENU

PLEASE DO NOT FORGET to reserve your meal(s) with two days in advance. If you cannot come into Heritage Hall Senior Center, please call 713-675-4487. Remember a meal is a terrible thing to waste!

Thank you kindly, Elizabeth Flores, Director

★ ★ ★ *All participants are asked to PLEASE donate \$1.00 dollar per meal to help offset program operating cost.* ★ ★ ★

Monday	Tuesday	Wednesday	Thursday	Friday
				6/1/2018
				Pork Carnitas+~ Mexican Rice Sliced Carrots Flour Tortilla Oatmeal Cream Cookie Milk Taco Sauce
Monday	Tuesday	Wednesday	Thursday	Friday
6/4/2018	6/5/2018	6/6/2018	6/7/2018	6/8/2018
Chicken Piccata~ Garlic Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Fruit Milk	Sloppy Joe Carrot Raisin Salad Baked Beans Hamburger Bun Peach Cobbler Milk	Grilled Pork Patty+ Mushroom Gravy Chuckwagon Corn Diced Beets Wheat Roll Fresh Fruit Milk	Turkey Tetrazzini* Green Beans Country Tomatoes Texas Bread Fudge Cream Cookie Milk	Lemon Pepper Fish Rice Pilaf~ Garden Vegetables Wheat Bread Fresh Fruit Milk
Monday	Tuesday	Wednesday	Thursday	Friday
6/11/2018	6/12/2018	6/13/2018	6/14/2018	6/15/2018
Beef Pepper Steak Brown Gravy Parslied Rice Broccoli Wheat Roll Fresh Fruit Milk	Diced BBQ Chicken Tater Gems~ Squash Medley Hamburger Bun Nutty Buddy Bar Milk	Beef Chili with Beans Whole Kernel Corn Spinach Cornbread Pound Cake Milk Margarine	Sausage w/Onions/Peppers* Parslied Potatoes Green Beans Hot Dog Bun Fresh Banana Milk Mustard	Chicken Salad Potato Salad Marinated Carrot Salad Saltine Crackers Gingerbread Cookie Milk
Monday	Tuesday	Wednesday	Thursday	Friday
6/18/2018	6/19/2018	6/20/2018	6/21/2018	6/22/2018
10 Grain Pollock Cheesy Rice~ Herbed Green Beans Wheat Bread Fresh Fruit Milk	King Ranch Chicken Pinto Beans Broccoli Wheat Bread Strawberry Shortcake Milk	Meatloaf Brown Gravy Whipped Potatoes Okra and Tomatoes Wheat Bread Fresh Fruit Milk	Turkey Rice Casserole* Cauliflower Parslied Carrots Wheat Roll Fudge Cream Cookie Milk	Sliced Ham+ Macaroni and Cheese Catalina Vegetables Dinner Roll Fresh Banana Milk
Monday	Tuesday	Wednesday	Thursday	Friday
6/25/2018	6/26/2018	6/27/2018	6/28/2018	6/29/2018
Alfredo Chicken Meatballs Parslied Penne Pasta Squash Medley Whole Wheat Breadstick Fresh Fruit Milk	Creole Beef Cheesy Garlic Polenta~ Mixed Vegetables Wheat Bread Pineapple Cake Milk	Baked Turkey Pastrami*~ Lima Beans Okra and Tomatoes Cornbread Fresh Banana Milk Margarine	Beef Spaghetti Casserole Brussels Sprouts Glazed Carrots Wheat Bread Oatmeal Cream Cookie Milk	Chicken Breast w/Gravy Mashed Spiced Yams Green Beans Dinner Roll Fresh Fruit Milk

* - Turkey

+ - Pork

~ - New Menu Item