



JUNE 2023 HEARTY MENU



PROVIDED BY BARRY COUNTY COMMISSION ON AGING 269 948-4856

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
|  | <p>Your donation helps us feed more seniors! 948-4856</p> |  | <p>COA CLOSED FOR STAFF TRAINING</p>  <p>NO CONGREGATE MEALS NO MEAL DELIVERY</p> | <p>Swiss Steak Mashed Potatoes & Gravy Broccoli Dinner Roll Banana</p> |
| 5 | 6 | 7 | 8 | 9 |
| <p>Turkey Burger Sweet Corn Buttered Peas Bun Apple</p> | <p>Sweet & Sour Chicken Pineapple Brown Rice Diced Carrots Broccoli Applesauce</p> | <p>Grilled Chicken Breast Brown Rice Seasoned Squash Asparagus Banana</p> | <p>Salisbury Steak Baked Potato Buttered Peas Dinner Roll Craisins</p> | <p>Breaded Pollock Roasted Red Potatoes Buttered Peas Banana</p> |
| 12 | 13 | 14 | 15 | 16 |
| <p>Loaded Mac & Cheese Chicken Strips Cauliflower Capri Vegetable Blend Applesauce</p> | <p>Turkey Meatloaf Mashed Potatoes & Gravy Diced Beets Orange</p> | <p>Beef & Bean Burrito Sweet Corn Broccoli Banana</p> | <p>Oven Roasted Chicken Sweet Potatoes Seasoned Collard Greens Apple Graham Snack</p> | <p>Baked Tilapia Brown Rice Sweet Potatoes Asparagus Banana</p> |
| 19 | 20 | 21 | 22 | 23 |
| <p>COA CLOSED</p>  <p>NO MEAL DELIVERY</p> | <p>Roast Pork & Gravy Sweet Potatoes Green Beans Dinner Roll Craisins</p> | <p>Salisbury Steak Baked Potato Buttered Peas Dinner Roll Banana</p> | <p>Sweet & Sour Chicken Pineapple Brown Rice Diced Carrots Broccoli Apple</p> | <p>Goulash Broccoli Diced Carrots Banana</p> |
| 26 | 27 | 28 | 29 | 30 |
| <p>Meatloaf Mashed Potatoes & Gravy Green Beans Apple</p> | <p>Grilled Chicken Breast Brown Rice Seasoned Squash Asparagus Orange</p> | <p>Swedish Meatballs Egg Noodles Broccoli Capri Vegetable Blend Banana</p> | <p>Breaded Pollock Roasted Red Potatoes Buttered Peas Fruit Juice</p> | <p>Spaghetti w/Meat Sauce Cauliflower Buttered Peas Banana</p> |