

# Meals on Wheels & Congregate Meals Menu

## June

15

DATE	HOT MENU ENTRÉE	COLD MENU ENTREE
Friday, June 1	Hamburger, Potato Salad, Nantucket Blend Veggies	Egg Salad Sandwich, Broccoli & Raisin Salad, Pears
Monday, June 4	Spaghetti with Meat Sauce, Tossed Salad, Garlic Roll	Hammy Sammy, Three Bean Salad, Pineapple
Tuesday, June 5	Hawaiian Chicken, Asian Blend Veggies, Apple Crisp	Turkey & Cheese Wrap, Baked Beans, Potato Salad
Wednesday, June 6	Beef Roast, Potatoes, Carrots, Applesauce	Peanut Butter & Jam, Coleslaw, Grapes, Carrot Sticks
Thursday, June 7	Ham & Beans, Collard Greens, Peach Crisp	Chicken Salad Sandwich, Creamy Cucumbers
Friday, June 8	Turkey & Gravy over Rice, European Blend Veggies	Ham & Turkey Sub, Broccoli & Cauliflower Salad
Monday, June 11	Country Fried Steak, Mashed Potatoes, Cherry Cobbler	Cottage Cheese, Tomato Wedges, Kidney Bean Salad
Tuesday, June 12	Baked Chicken Breast, Spinach, Strawberries	Deviled Eggs, Carrot Raisin Salad, Tropical Fruit Salad
Wednesday, June 13	Pepper Steak, Rice, Stewed Tomatoes, Coleslaw	Shaved Roast Beef, Potato Salad, Pears
Thursday, June 14	Pork Roast, Midori Blend Veggies, Sweet Potatoes	Pasta Salad With Tuna, Spring Salad, Apricots
Friday, June 15	Chicken Cordon Blue, Cheesy Rice, Broccoli	Turkey Sandwich, Broccoli Raisin Salad, Mixed Fruit
Monday, June 18	Bratwurst, Cabbage, Carrots, Potatoes, Apple Crisp	Tuna Salad Sandwich, Coleslaw, Jell-O w/ Oranges
Tuesday, June 19	Fish Fillet, Rice Pilaf, Green & Wax Bean Mix, Pineapple	Turkey & Cheese Wrap, Marinated Vegetables, Apricots
Wednesday, June 20	Beef Stew, Spring Salad, Banana, Biscuit	Chicken Salad Sandwich, Tossed Salad, Peaches
Thursday, June 21	BBQ Chicken, Parsley Potatoes, Coleslaw	Ham & Swiss Sandwich, Potato Salad, Applesauce
Friday, June 22	Swiss Steak, Mashed Potatoes, Italian Blend Veggie	Peanut Butter & Jam, Grapes, Coleslaw, Carrot Sticks
Monday, June 25	Swedish Meatballs, Rice, Peas, Midori Blend Veggie	Turkey Sandwich, Broccoli Raisin Salad, Fruit Mix
Tuesday, June 26	Pork Loin, Sweet Potatoes, European Blend Veggie	Egg Salad Sandwich, Spinach Salad, Peaches
Wednesday, June 27	Tuna Noodle Casserole, Tossed Salad, Peaches	Shaved Roast Beef Sandwich, Strawberries
Thursday, June 28	Chicken Marsala, Brown Rice, Southern Green Beans	Chef Salad w/Chicken, Bran Muffin, Peaches n Pudding
Friday, June 29	Shepherds Pie, Brussel Sprouts, Pears, Biscuit	Pasta Salad w/Tuna, Marinated Vegetables, Ambrosia

**\*Meals are served with side dishes and milk, to provide 1/3 the Recommended Daily Allowances for adults 60+**

### Join us for Lunch

**\*Call the COA to reserve your lunch at Three Rivers, Klines or Sturgis.**

**Kline's Resort**  
269-279-8083  
Fridays @ Noon  
22260 Kline's Resort Rd.  
Three Rivers, MI 49093

**Three Rivers  
Community Center**  
269-279-8083  
Monday-Friday @ Noon  
103 S. Douglas Avenue  
Three Rivers, MI 49093

**Enrichment Center**  
269-279-8083  
Monday-Friday @ Noon  
306 N. Franks Avenue  
Sturgis, MI 49091

The COA offers lunch on the first and third Friday of each month in Colon at Mystic Grove Apartments. Any COA member is welcome.