



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ARE YOU 60 OR OLDER?
3 Hot Dog on WW Bun BBQ Beans Crispy Corn Salad +Honeydew	4 Beef Lasagna +Broccoli *Peas and Carrots +Orange Slices	5 Pulled Pork WW Bun Potato Salad +Coleslaw w/bell peppers Waldorf Salad	6 Beef Macaroni Casserole *Spinach Salad w/kidney beans +Cauliflower Pineapple Chunks	7 Hawaiian Chicken Brown Rice *CA Mixed Vegetables Tossed Green Salad +Mandarin Oranges	<p>ENJOY A NOON MEAL WITH OTHER SENIORS AT</p>  <p>MERCED 761-7184 ATWATER 761-7150 WINTON 761-7182 LIVINGSTON 761-7135 DOS PALOS 761-7186 LOS BANOS 761-7131 PLANADA 761-7141</p> <p>Cost of meals is based on Suggested Contribution of \$2.00 for Congregate Meals. Guest Cost \$8.00 for those 59 years old and under.</p>
10 Mushroom Chicken Brown Rice *Sautéed Spinach Green Beans +Honeydew	11 Soft Beef Tacos *Carrot Coins Refried Beans +Orange Slices	12 Oven Fried Chicken +Red Potatoes Garden Salad Applesauce Whole Wheat Roll w/margarine	13 Green Chili Egg Puff +Broccoli *Sweet Potatoes +Cantaloupe Biscuit w/margarine	14 Beef Patties w/brown gravy +Mashed Potatoes +Brussels Sprouts Pineapple Chunks Whole Wheat Bread w/margarine	
17 Chicken Strips Corn +Broccoli +Mandarin Oranges	18 Hamburger on WW Bun *Sweet Potato Wedges Romaine Salad +Honeydew	19 Chili Beans *Mixed Vegetables Tossed Green Salad +Cantaloupe Slices Cornbread w/margarine	20 Ham Sandwich on Rye Bread +Potato Salad *Carrot Raisin Salad Seasonal Fresh Fruit	21 Beef Stew w/Potatoes/Onions/Carrots *Spinach Salad w/ Kidney Beans +Orange Slices Biscuit w/margarine	
24 Italian Sausage Bake +Broccoli Green Salad w/kidney beans Seasonal Fresh Fruit Garlic Bread	25 Roast Pork *Sweet Potatoes CA Mixed Vegetables +Honeydew Whole Wheat Bread w/margarine	26 Beef Stroganoff Brown Rice Green Beans *Peas and Carrots	27 Tuna Salad Sandwich Green Salad Tomato/Cucumber Salad +Orange Juice	28 Crustless Vegetable Quiche +Red Potato Wedges *Carrot Coins Seasonal Fresh Fruit Biscuit w/margarine	
Menu Approved: Sally Gerling, MS, RDN,CDE (R594002)  Final 5/15/19  Menu Subject to Change					

**June 2019**  
**Senior Nutrition Program**

**No eligible individual shall be denied participation because of failure or inability to contribute**  
 \* Vitamin A Rich Food  
 +Vitamin C Rich Food  
 Protein: ~35 gm/meal avg. with milk  
 High Sodium Meal (>1,000 mg)



**MEALS on WHEELS**  
MERCED COUNTY  
COMMUNITY SERVICES