



# C.H.A.M.P.S.S. Lunch Menu

# JUNE 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LUNCH</b>			1 Chicken Fried Steak Cream Gravy Mashed Potatoes Green Beans w/ Onions Ice Cream Sundae Dinner Roll/Margarine Beverage	2 Resident's Choice (2 oz Pro/1 Grain/2 Veg/1 Frt) Beverage	3 Chicken & Broccoli Stir Fry Steamed Rice Carrots Egg Roll Cinnamon Sugar Blondie Beverage	4 Roast Beef Gravy Baked Potato w/Sour Steamed Broccoli Strawberry Cookies Dinner Roll/Margarine Beverage
5 BBQ Chicken Macaroni & Cheese Green Beans with Bacon Fruit Cobbler Beverage	6 French Onion Pork Chop Sweet Potato Casserole Buttered Cabbage Angel Food Cake w/Fruit Dinner Roll/Margarine Beverage	7 Beef Cube Steak with Mushroom Gravy Oven Brownd Potatoes Spinach Salad Peanut Butter Brownie Dinner Roll/Margarine Beverage	8 Sliced Roast Turkey Gravy Garlic Mashed Potatoes Sauteed Fresh Zucchini Snickerdoodle Bars Dinner Roll/Margarine Beverage	9 Resident's Choice (2 oz Pro/1 Grain/1 Veg/1 Frt) Beverage	10 Baked Garlic Ginger Chicken Rice Pilaf Broccoli Fruit Crisp Beverage	11 Baked Ziti Buttered Italian Blend Vegetables Tropical Fruit with Dinner Roll/Margarine Beverage
12 Pork Loin Steamed Rice Vegetable Blend Angel Peach Beverage	13 Beef Pot Roast Roasted Carrots, Potatoes & Onions Side Salad w/Dressing Gelatin Bread & Margarine Beverage	14 Ham & Beans Fried Potatoes Chopped Spinach Cornbread/Margarine Cheesecake Beverage	15 Buttermilk Ranch Chicken Parslied Buttered Pasta Seasoned Green Beans Blueberry Shortcake Beverage	16 Meatloaf Gravy Mashed Potatoes Buttered Peas Cream Cheese Brownie Dinner Roll/Margarine Beverage	17 Chicken Teriyaki Steamed Rice Carrots Lemon Ice Box Pie Dinner Roll/Margarine Beverage	18 Cheeseburger on Bun Relish Plate Tater Tots Ketchup/Mustard Iced Raisin Bars Beverage
19 Chicken Fried Chicken Sour Cream Chive Mashed Potatoes Buttered Peas & Carrots Boston Cream Pie Dinner Roll/Margarine Beverage	20 Country Style BBQ Ribs Braised Cabbage Potato Salad Blueberry Crumble Bar Bread & Margarine Beverage	21 Spaghetti w/Meat Sauce Italian Vegetables Tossed Salad/Dressing Strawberry Cream Pie Garlic Bread Beverage	22 Garden Vegetable Soup Grilled Chicken Salad Bread Stick Chocolate Chip Cookies Milk/Beverage	23 Resident's Choice (2 oz Pro/1 Grain/1 Veg/1 Frt) Beverage	24 Salisbury Steak Long Grain & Wild Rice Blend Asparagus Chocolate Pudding Cake Beverage	25 BBQ Pork Riblette Cowboy Beans Sweet Potato Fries Glazed Applesauce Cake Dinner Roll/Margarine Beverage
26 Beef Fritter Mashed Potatoes Buttered Corn Brown Gravy Chocolate Chip Cookie Bar Dinner Roll/Margarine Beverage	27 Italian Herbed Pork Loin Cornbread Stuffing Sauteed Chopped Banana Split Cake Beverage	28 Salisbury Steak Macaroni & Cheese Creamy Cole Slaw Caramel Baked Apples Cheese Herb Biscuit Milk/Beverage	29 Hamburger Steak Baked Potato Casserole Green Beans Cheesecake w/Topping Dinner Roll/Margarine Beverage	30 Chicago Style Bratwurst on Bun Chips Fried Cabbage Brownie Milk/Beverage		



# C.H.A.M.P.S.S. Dinner Menu

# JUNE 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DINNER</b>			Turkey Bake Parslied Buttered Mixed Vegetables Fruit Crumble Milk/Beverage	1 2 Glazed Ham with Pineapple Sauce Mashed Potatoes Marinated Cucumber & Onions Brown Gravy Canned Fruit of Choice Beverage	3 Grilled Reuben Sandwich on Marble Rye French Fries Ranch Vegetable Salad Pineapple Upside Down Cake Milk/Beverage	4 Pizza Tossed Salad/Dressing Fresh Seasonal Melon Garlic Bread Stick Milk/Beverage
5 Italian Beef on Hoagie Sauteed Peppers & Onions Potato Chips Sugar Cookies Milk/Beverage	6 Tuna Salad Cold Plate Pasta Salad Seasonal Fresh Fruit Crackers Milk/Beverage	7 Nacho Chicken Bake Pinto Beans Fruited Gelatin Cheddar Cheese Cornbread Margarine Milk/Beverage	8 Cheesy Potato Soup Chef's Salad Apple Chocolate Chip Crumb Dessert Crackers Milk/Beverage	9 Patty Melt French Fries Marinated Slaw Bread Pudding with Vanilla Sauce Milk/Beverage	10 Cuban Ham Salad Sliders Baked Beans Corn Salad Strawberry Cake Milk/Beverage	11 Breaded Chicken Tenders Potato Salad Seasoned Green Beans Lemon Cream Pie Milk/Beverage
12 Cheese Flatbread Pizza Caesar Salad Banana Pudding Garlic Bread Stick Milk/Beverage	13 Fried Fish Fillet on Bun Tartar Sauce Tater Tots Creamy Cole Slaw Ice Cream Milk/Beverage	14 Taco Salad Spanish Rice Heavenly Ambrosia Milk/Beverage	15 Chili Hot Dog on Bun Baked Beans Potato Chips Fruit Milk/Beverage	16 Resident's Choice (2 oz Pro/1 Grain/1 Veg/1 Frt) Milk/Beverage	17 Turkey French Dip Sandwich French Fries Cucumber & Tomato Salad Peaches with Whipped Topping Milk/Beverage	18 Lasagna w/Meatsauce Italian Chopped Salad Mandarin Orange Gelatin Milk/Beverage
19 Sliced Baked Ham Au Gratin Potatoes Country Green Beans with Bacon & Onion Mixed Berry Cobbler Dinner Roll/Margarine Beverage	20 Tuna Salad Sandwich Cole Slaw Melon Cubes Milk/Beverage	21 Chicken Pot Pie Stewed Tomatoes Frosted Cupcake Milk/Beverage	22 Sloppy Joes on Bun Tater Tots Buttered Corn Seasonal Fresh Fruit Milk/Beverage	23 Ham & Swiss Sandwich Macaroni Salad Pickled Beets Fruit with Whipped Topping Milk/Beverage	24 Smothered Pork Chop Roasted Red Potatoes Broccoli Cinnamon Apple Gelatin Dinner Roll/Margarine Beverage	25 Roast Turkey & Gravy Baked Sweet Potato Buttered Peas Carrot Cake w/Cream Cheese Frosting Dinner Roll/Margarine Beverage
26 Tomato Soup Grilled Cheese Sandwich Creamy Cucumber & Onion Salad Mixed Fruit Cup Milk/Beverage	27 Roasted Chicken Rice & Orzo Pilaf Peas & Carrots Strawberry Mousse Dinner Roll/Margarine Beverage	28 Meatball Sub Sandwich Tater Tots Tossed Salad/Dressing Mandarin Oranges & Milk/Beverage	29 Creamy Chicken Spaghetti Buttered Italian Blend Vegetables Fruit Fluff Garlic Bread Milk/Beverage	30 Resident's Choice (3 oz Pro/2 Grain/2 Veg) Beverage		