

## June Monthly Meal Menu

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
03) Ham Pepper Steak Baked potato Steamed broccoli Pudding/topping	04) Chicken & Dumplings Tatar tot hotdish Mixed vegetables Pumpkin bar	05) Fish BB Ribette Baked beans Creamy coleslaw Jello/topping	06) Pork Chop Oven fried chicken Mashed potato/gravy Beets Fruit crisp	07) Sausage Pizza Fresh vegetables with ranch applesauce Dessert
10) Chicken Strips Country fried steak Mashed potato/gravy Peas and carrots Brownie	11) Polish Sausage Fish patty/bun Potato Casserole Baked Beans Jell-o/topping	12) Ham Meatballs Mashed potato/gravy Mixed Vegetables	13) Ribette Roast beef Mashed potato/gravy Creamed cabbage	14) Waffle w/strawberries Sausage patty Fruit juice Pudding/topping
17) Turkey Pork chop Baked squash Mixed fruit	18) Liver & onions Meat loaf Parsley boiled potatoes Carrots Chocolate chip bar	19) Chicken patty Cheeseburger/bun Tater Totts Cucumber salad Cookie	20) Lasanga Chicken alfredo Breadstick Mandarin orange	21) Taco salad Muffin Fruit Dessert
24) Country fried steak Salisbury steak Mashed potato/gravy Cream corn Pudding/topping	25) Chef salad Chicken Ala King White rice Broccoli Cookie	26) Ribette Polish sausage Baked sweet potato Sauerkraut Rosy applesauce	27) Meatballs Baked chicken Mashed potato/gravy Carrots Cake	28) Egg salad/bun Cucumber & tomato Salad Fresh fruit
	Meals are served with low fat milk, break and margarine	NSI provided this service through a contract with the DSAAA with funding from the Federal Older Americans Act through the Minnesota Board on Aging.	This meal is prepared in a facility that uses wheat, soy, dairy and nuts. Menu is subject to change. Meals are served with low fat milk, bread, and margarine.	

Please call 218-643-5730 by 8:00 with changes or leave a message anytime.