



**Suffolk Meals
on Wheels, Inc.**



June 2021

Monday	Tuesday	Wednesday	Thursday	Friday
31 MEMORIAL DAY NO MEAL SERVICE	1 Baked Tilapia Seasoned Corn & Beans Spinach Whole wheat dinner roll Spinach salad w/ cranberry Diced Pears	2 Baked Chicken w/ Gravy Steamed Carrots Lima Beans Chicken Fajita Wrap Baked Apples	3 Turkey a la King Bowl Seasoned Spinach Apple Slices Penne Rustica Bowl Roasted Chicken Breast Vanilla Pudding	4 BBQ Chicken Quarter Baked Beans Steamed Broccoli Grilled Chicken Caesar Salad Peach Slices
7 Bacon, Egg, and Cheese Biscuit Turkey & Sweet Potato Hash Baked Apples Apple Almond Chicken Salad Chocolate Pudding Fruit Cocktail	8 Lean Turkey Tacos Mexican Rice Spinach Salad w/ Cranberries Raspberry Dressing Diced Pears	9 BBQ Sloppy Joe Sliders Red Roasted Potatoes Steamed Green Peas Tuna Salad w/ crackers Baked Apples	10 Grilled Salmon Rice w/ corn & black beans Steamed Broccoli Dijon Roast Beef Sandwich Macaroni Salad Vanilla Pudding	11 Hamburger on Whole Wheat Au Gratin Potatoes Roasted Brussel Sprouts Spinach Salad Grilled Chicken Breast Peach Crisp
14 Spaghetti & Meatballs w/ sauce Steamed Cauliflower Mandarin Orange Sections Apple Almond Chicken Salad Fruit Cocktail Chocolate Pudding	15 Latin Spiced Pork Loin Whole Kernel Corn Cuban Black Beans Spinach Salad w/ cranberries Honey Mustard Dressing Diced Pears	16 Roasted Turkey Classic Bread Stuffing Fresh Steamed Carrots Turkey Wrap Broccoli Salad Baked Apples	17 Hamburger on Whole Wheat Baked Beans Baked Potato Chips Pesto Chicken Salad Sandwich Peaches Vanilla Pudding	18 Meatloaf w/ Gravy Roasted Sweet Potatoes Green Beans Chicken Caesar Salad Wheat Crackers Bread Pudding
21 Open Faced Roast Beef w/ Gravy Seasoned Green Beans Stewed Tomatoes Apple Almond Chicken Salad Fruit Cup Chocolate Pudding	22 Baked Tilapia Seasoned Corn & Black Beans Fresh Spinach Whole Wheat Dinner Roll Spinach Salad w/ Cranberries Diced Pears	23 Baked Chicken w/ Gravy Steamed Carrots Lima Beans Chicken Fajita Wrap Baked Apples	24 Turkey a la King Bowl Seasoned Spinach Apple Slices Penne Rustica Bowl Roasted Chicken Breast Vanilla Pudding	25 BBQ Chicken Quarter Baked Beans Steamed Broccoli Grilled Chicken Caesar Salad Peach Slices
28 Bacon, Egg, and Cheese Biscuit Turkey & Sweet Potato Hash Baked Apples Apple Almond Chicken Salad Chocolate Pudding Fruit Cocktail	29 Lean Turkey Tacos Mexican Rice Spinach Salad w/ cranberry Raspberry Dressing Diced pears	30 BBQ Sloppy Joe Sliders Red Roasted Potatoes Steamed Green Peas Tuna Salad w/ crackers Baked Apples	*Menu is subject to change Beverages include milk & juice depending on rotation	
				Office: 757-934-4911 Open Monday-Friday 9am-3pm