



CENTER HOT MENU • JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Smothered Chicken Cauliflower w/Parsley Butter Sauce Pineapple Tidbits* Pistachio Fluff** Whole Grain Sweet Yeast Roll**	2 California Reuben** Coleslaw Ranch Potatoes* Kiwi* Oatmeal Raisin Cookie*	3 Chicken Bowl*** Corn** Ambrosia Salad**	4 All American Burger*** Parsley Potatoes* Fruited Gelatin** Baby Carrots	5 Crispy Pollock Fillet* Macaroni & Cheese* Peas & Carrots* Clementine* French Bread Roll*
8 Egg Roll Bowl* Brown Rice** Northwest Vegetable Blend* Naan Flatbread* Applesauce Salad* Fortune Cookie	9 Crispy Chicken Ranch Sandwich*** Creamy Bacon Dressing Roasted Zucchini Clementine* Sugar Cookie*	10 French Dip*** Ranch Potatoes* Tomato Salad Apricots*	11 Tortilla Crunch Tilapia* Baked Potato** Cut Green Beans Whole Grain Sweet Yeast Roll** Grape Cranberry Juice*	12 Philly Sloppy Joe*** Baked Beans** Cucumber & Tomato Salad Fresh Apple**
15 Lemon Pepper Chicken Thigh Brown Rice** California Blend Vegetables Naan Flatbread* Fresh Apple*	16 Meatloaf* Meat Loaf Gravy Mashed Potatoes* Key West Vegetable* Cantaloupe* French Bread Roll*	17 Chicken Parmesan* Whole Wheat Penne Pasta* Broccoli Peach Parfait**	18 Tuna Noodle Casserole** Stewed Apples* Broccoli Citrus Salad* Wheat Sweet Yeast Roll**	19 Cheddar Burger w/Fried Onions*** w/ lettuce and tomato slice Fresh Potato Salad* Lemon Blueberry Bars**
22 BBQ Chicken Breast* Baked Beans** Dilled Carrots* Strawberries & Blueberries* Wheat Sweet Yeast Roll*	23 Stuffed Salmon w/Alfredo Sauce* Balsamic Roasted Brussels Sprouts* Kiwi* Blueberry Muffin**	24 BBQ Pork Wings*** Ranch Potatoes* Broccoli w Cheese Sour Cream Fruited Gelatin**	25 Cheesy Chicken* Smashed Baked Potato** Peas & Carrots* Fresh Blueberries* Hawaiian Roll*	26 Baked Spaghetti** California Blend Vegetables Red Grapes* Savory Garlic Bread* Cranberry Juice*
29 Sweet & Sour Chicken*** Brown Rice** Green Beans with Almonds Fresh Apple* Fortune Cookie	30 Stuffed Peppers w/Sauce* Cauliflower Smashed Potatoes* Strawberries** Breadstick*	1 JULY Smoked Honey Ham Steak Parsley Potatoes* Pork Gravy Broccoli w Cheese Red Grapes* Hawaiian Parfait**	2 All American Burger*** Parsley Potatoes* Baby Carrots Red, White & Blue Cake**	3 ALL CENTERS CLOSED HAPPY 4TH OF JULY

All meals served at 11:30 am at the Activity & Dining Centers. To reserve a lunch by 9 am call the Center you will attend:
Sanford: (989) 687-7888 Coleman: (989) 465-6216 Trailside: (989) 633-3790 Mills: (989) 282-1622 Greendale: (989) 832-8683.

Meals on Wheels Hotline: Call 989-633-3789 for changes in delivery by 9 am. Reservations are required. Menus subject to change without notice.

* = 15 gm carbohydrate. If there is no (*) by an item, there are little-no carbohydrates in that food item. Milk* is served with each meal.



Meals on Wheels Cold MENU • JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pork Sandwich on Bun** Navy Bean Salad* Strawberries & Blueberries*	2 Taco Salad Salsa Tortilla Chips* Corn Salad* Peaches* Vanilla Pudding**	3 Asian Chicken Salad** Broccoli Citrus Salad* Fresh Pear** Chocolate Pudding**	4 Tuna Apple Salad Confetti Bean Salad* Sourdough Bread* Ambrosia Salad**	5 Chicken Pasta Salad** Beets Fresh Banana** Wheat Sweet Yeast Roll**
8 Ham, Turkey & Cheese Wheat Bread** Potato Salad* Grape Snack Pack* Apple Juice*	9 Poppy Seed Chicken Pasta Salad*** Confetti Bean Salad* Mangoes & Pineapple* Peanut Butter Cookie*	10 Egg Tossed Salad* FF French Dressing Fresh Pear** Naan Flatbread*	11 Ground Turkey Salad w/Relish Rye Bread* Fresh Apple* Fruited Gelatin** String Cheese	12 Heavenly Chicken Salad* w/Croutons Thousand Island Dressing* Malibu Fruit Blend* Three Bean Salad* Cranberry Juice*
15 Almond Lemon Chicken Peas & Peanut Salad* Red Grapes** Hawaiian Roll*	16 Cottage Cheese & Fruit* Navy Bean Salad* Grape Cranberry Juice* Peanut Butter Cookie*	17 Boiled Eggs Dill Pickle Pasta Salad* Fresh Pear** Banana Muffin** Tomato Juice	18 Meatloaf* On Rye Bread* Cucumbers 'n Cream Salad* Clementine* Cranberry Juice*	19 Chicken & Bean Salad** Apple Raisin Carrot Salad** Banana** Poppyseed Bread**
22 Crispy Oven Chicken* Colby Jack Cheese Slice Hamburger Bun** Macaroni Salad* Mangoes & Pineapple*	23 Mexican Chicken Salad* Salsa Fresh Plum* Tortilla Chips* Vanilla Pudding w/ Vanilla Wafers**	24 Egg Salad Confetti Bean Salad* Grape Cranberry Juice* Wheat Sweet Yeast Roll**	25 Million Dollar Chicken Salad Broccoli Citrus Salad* Fresh Pear** Cinnamon Swirl Bread*	26 Tuna Pasta Salad** Cucumbers 'n Cream Salad* Fresh Apple* Tomato Juice
29 Chicken Waldorf Salad Fresh Pear** Grape Cranberry Juice* Naan Flatbread*	30 Chicken Tortellini Salad* Apple Raisin Carrot Salad** Kiwi* Ranger Cookie**	1 JULY Cabbage and Ham Salad* Fresh Apple* French Bread Roll* Tapioca Pudding**	2 Tuna Salad* Three Bean Salad* Fresh Plum* Wheat Sweet Yeast Roll**	3 ALL CENTERS CLOSED HAPPY 4TH OF JULY

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