



# LUNCH MENU

June

*Meals on Wheels and Congregate Meals*  
**Reservations Required 2 Days in Advance**  
**540-261-7474**

Your voluntary contribution portion of the meal is truly

**Maury River Senior Center**  
**2137 Magnolia Ave, Buena Vista, VA 24416**

Monday	Tuesday	Wednesday	Thursday	Friday
3 Meatloaf, 2 oz. Peas & Carrots, ½ c Scalloped Potatoes, ½ c Pineapple Tidbits, ½ c Bread, 2 oz.	4 Lasagna, 2 oz. beef, 1 oz. cheese, ½ c tomato sauce Corn, ½ c Baked Apples, ½ c Rolls, 2 oz.	5 Pinto Beans, 2 oz. Stewed Tomatoes, ½ c Cabbage, ½ c Applesauce, ½ c Corn Muffins, 2 oz.	6 Chicken & Dumplings, 2 oz. chicken, 1 oz. dumpling Spinach, ¼ c Orange Fluff, ¼ c Roll, 2 oz.	7 Pork Loin, 2 oz. Potato Casserole, ½ c Green Beans, ½ c Mandarin Oranges, ½ c Rolls, 2 oz.
10 Sweet & Sour Meatballs, 2 oz. beef, ½ c pineapple / onion Rice, ½ c Carrots, ½ c Pears, ½ c Rolls, 2 oz.	11 Chicken Salad, 2 oz. chicken Macaroni Salad, 1 oz. macaroni, ½ c cucumber / tomatoes Pea Salad, ½ c Peaches, ½ c Wheat Bread (2), 2 oz.	12 BBQ, 2 oz. Macaroni & Cheese, 2 oz. macaroni, 1 oz. cheese Coleslaw, ¼ c Jello with Fruit, ¼ c Bun, 2 oz.	13 Turkey & Gravy, 2 oz. turkey Mashed Potatoes, ½ c Lima Beans, ½ c Peaches, ½ c Roll, 2 oz.	14 Spaghetti with Meat Sauce, 2 oz. beef, 2 oz. spaghetti noodle Tossed Salad, 1 c Fruit Melody, ½ c Roll, 2 oz.
17 Breaded Chicken Fillet, 2 oz. Lettuce/Tomato, ½ c Potato Salad, ½ c Pineapple Crisp, ½ c Bun, 2 oz.	18 Beef Pot Pie, 2 oz. beef, ½ c vegetables Squash Casserole, ½ c Peaches, ½ c Biscuits, 2 oz.	19 Fish, 2 oz. Macaroni & Cheese, 2 oz. macaroni, 1 oz. cheese Peas, ¼ c Fruit Melody ¼ c Rolls, 2 oz.	20 Baked Chicken, 2 oz. Au Gratin Potatoes, ½ c California Blend, ½ c Jello with Fruit, ½ c Rolls, 2 oz.	21 Beefy Mac, 2 oz. beef, 2 oz. macaroni Beets, ¼ c Strawberry Fluff, ¼ c Rolls
24 Baked Ham, 2 oz. Sweet Potatoes, ½ c Green Beans, ½ c Applesauce, ½ c Rolls, 2 oz.	25 Hamburger, 2 oz. Lettuce/Tomato, ½ c Baked Beans, ½ c Fruit Cocktail, ½ c Bun, 2 oz.	26 BBQ Chicken, 2 oz. Parsley Potatoes, ½ c Scandinavian Blend, ½ c Peaches, ½ c Rolls, 2 oz.	27 Turkey & Cheese Sub, 2 oz. turkey, 1 oz. cheese, 2 oz. roll Lettuce/Tomato, ½ c Chips, ½ c Banana (1)	28 Chili, 2 oz. beef Baked Potato, ½ c Broccoli Florets, ½ c Jello with Fruit, ½ c Corn Muffins, 2 oz.
				<b>ALL MEALS SERVED WITH 8 OZ. 2% MILK</b>

