

Inyokeun Senior
377-4800

HIGH DESERT SENIOR NUTRITION PROGRAM
PHONE 375-2222 For Reservation and/or Cancellations
OFFICE NUMBER 375-5438

CHARGE FOR NON-SENIORS (UNDER 60) \$5.00
REQUESTED DONATION FOR SENIORS: \$2.00
RESERVATIONS MUST BE MADE 24 HOURS IN ADVANCE

Menus subject to change without prior notice
Fortified Margarine and Milk served each day

June 2008

(2) Baked Salmon Au gratin Potatoes Spinach Salad Bread Fruit Bar A B C D F	(3) Crunchy Chicken Salad Vegetable Soup Crackers Tropical Fruit A B C D F	(4) BBQ Ribbetts Baked Potatoes Cal-Blend Garden Salad Bread Lemon Bar A B C D F	(5) Country Fried Steak Mashed Potatoes Peas & carrots Green Salad Dinner Roll Ice Cream A B C D F	(6) Salad Bar Assorted Vegetables Pea & Cheese Salad Crackers Yogurt w/Fruit A B C D F
(9) Easy Garden Bake Hash Brown Spinach Salad Biscuit Orange A B C D F	(10) Cheeseburger Potato Wedges Corn Fresh Fruit A B C D F	(11) Tortellini Soup W/Spinach & Sausage French Bread Garden Salad Cantaloupe Cookies A B C D F	(12) Chicken Enchilada Refried Beans Spanish Rice Mexi-Slaw Pudding A B C D F	(13) Hot Turkey Sandwich Peas & Carrots Mashed Potatoes W/Gravy Green Salad Brownie A B C D F
(16) Chicken Teriyaki Rice Oriental Vegetables Beet Salad Orange A B C D F	(17) Meatloaf Mashed Potatoes W/Gravy Mixed vegetables Green Salad Bread Pudding A B C D F	(18) Chicken Divan Broccoli Rice Garden Salad Jell-O W Fruit A B C D F	(19) Taco Salad /W Sour Cream & Salsa Refried Beans Spanish Rice Yogurt W/Fruit A B C D F	(20) Ham Salad W/Shredded Lettuce Split Pea Soup Dinner salad Watermelon A B C D F
(23) Spaghetti W/Meat Sauce Italian Vegetables Garden Salad French Bread Fresh Fruit A B C D F	(24) Tuna Salad Tomato wedges 3-Bean Salad Crackers Blushing pears A B C D F	(25) Birthday BBQ Chicken Sandwich Potato Wedges Corn Spinach Salad Cake A B C D F	(27) Stuffed Potato W/Ham & Cheese Broccoli Garden Salad Bread Fruit Bar A B C D F	(28) Summer Oriental Rice Salad w/ Chicken Beet Salad Dinner Roll Tropical Fruit Cookies A B C D F
(30) Chef Salad Assorted Vegetables Crackers Apricots Ice Cream A B C D F				

Please help us out by grading our menus for the month. All you need to do is to circle your grade for each day. (A = excellent, B = good, C = fair, D = poor, F = awful.) At the end of the month you may turn it into the Nutrition office or to your Meals on Wheels driver. Your assistance will help us in providing future menus that are the most desirable to you.