

## MENU

JUNE

Monday	Tuesday	Wednesday	Thursday	Friday
				1  Cheesy Vegetarian Chili Macaroni
4  Very Veggie Lentil Bake with a Roll	5  Spaghetios & Meatballs	6  Potato, Broccoli & Egg Casserole	7  Tuna Noodle Casserole	8  Chicken Salad Sandwiches with Cut Up Mixed Fruit
11  Veggie & Navy Bean Mac & Cheese	12  Tuna Melts with Sliced Cucumbers	13  Goulash	14  Black Bean & Cheese quesadillas with sliced Apples	15  Chicken & Veggie Rice Bake
18  Chicken & Broccoli Alfredo	19  Spinach & Cheese Quiche	20  Tuna & Veggie Pasta Salad	21  Baked Black Bean & Rice Burritos with Salsa	22  English Muffin Pizzas with Hamburger & Cheese with Sliced Apples on the side
25  Hamburger Pasta Casserole	26  Peanut Butter Sandwiches with Cut up Grapes	27  Meatball & Rice Casserole	28  Chicken Noodle Pasta with Mixed Veggies	29  Tuna Wraps with Cut up Mixed Fruit

All Meals come with a glass of 2% Milk or Dairy Alternative of your choice.