





June 2018

THE LIGHTER SIDE OF SENIOR DINING

Delano Senior Center
763-972-0574

Catholic Charities Menu Choices for the Light Meal Option

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1% milk is served with every meal. Menu is subject to change. Suggested contribution for persons 60+ and volunteers is \$7.75 - \$4.00. No Registered Guest 60+ is denied a meal based on their ability to pay. Guests under 60 pay \$7.75. Partially funded under contract with the Central Minnesota Council on Aging as part of the Older Americans Act Program and Administered by Catholic Charities of the Diocese of St. Cloud.</p>				<p>1 Chicken Rice Soup w/ Veg Hamburger on a Bun Lettuce Salad Strawberry Bavarian Cream</p>
<p>No Lighter side 4 Salisbury Steak Whipped Potatoes w/Gravy Green Beans Wheat Bread Sliced Pears</p>	<p>No Lighter side 5 Hot Pork Roast Sandwich Potato Triangles Buttered Peas Cookie</p> 	<p>No Lighter side 6 Meatloaf Scalloped Potatoes Carrots Coconut Cream Pie</p>	<p>No Lighter side 7 Beef Stroganoff Noodles Beets Orange half Pudding</p>	<p>8 Chicken Stir Fry with Stir Fry Vegetables Rice Garden Salad Mixed Fruit</p>
<p>11 Oriental Chicken Salad over Lettuce Fresh Fruit Wheat Bread Chocolate Mousse</p>	<p>12 Vegetable Beef Soup Egg Salad Sandwich Lettuce Salad Ginger Snap Cookie</p>	<p>13 Stuffed Green Pepper Fresh Fruit Cup Wheat Dinner Roll Raspberry Parfait</p>	<p>14 Brat on a Bun w/ Sauerkraut Baked Beans Corn Ice Cream</p>  <p><i>Flag Day</i></p>	<p>15 Chef Salad: Lettuce, Meat, Cheese, & Vegetables Breadstick</p>
<p>No Lighter side 18 Parmesan Chicken Breast Wild Rice Pilaf Carrots Lettuce Salad Lemon Chiffon</p>	<p>19 Chicken Vegetable Soup Bacon, Lettuce, Tomato Sandwich Lettuce Salad Brownie</p>	<p>20 Cream of Potato Soup Hamburger on a Bun Lettuce Salad Whipped Gelatin</p>	<p>21 Navy Bean Soup Chicken Salad Sandwich Lettuce Salad White Cake w/ Frosting</p>	<p>22 Sausage Quiche Fried Potatoes Fruit Cup Muffin Angelfood Cake w/ Lemon Sauce</p> 
<p>25 Vegetable Beef Soup Egg Salad Sandwich Lettuce Salad Mandarin Oranges</p>	<p>26 Chicken Stir Fry with Stir Fry Vegetables Rice Garden Salad Boston Crème Cake</p>	<p>27 Chef Salad: Lettuce, Meat, Cheese, & Vegetables Breadstick Apple Crisp</p>	<p>No Lighter side 28 Pork Roast Red Skinned Potatoes w/Gravy Stewed Tomatoes Wheat Bread Fruit Cocktail</p>	<p>29 Chicken Vegetable Soup Bacon, Lettuce & Tomato Sandwich Lettuce Salad Oatmeal Choc Chip Cookie</p>