



# Defiance County Senior Services

## June 2009

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>1 <b><u>Italian Day</u></b>            Chicken Breast with Grilled Tomato Sauce Over Spaghetti            Italian Blend Veggies            Chilled Grape Juice            Garlic Bread</p>	<p>2            Cube Steak            Brussels Sprouts            Mashed Potatoes            Cucumber Salad            Whole Wheat Bread            Fruit Cocktail</p>	<p>3            Baked Pork Chop            Pinto Beans            Carrots &amp; Brussels Sprouts            Whole Wheat Roll            Applesauce</p>	<p>4            Grilled Chicken Salad            Macaroni Salad            Breadstick            Yogurt</p>	<p>5 <b><u>Picnic Lunch</u></b>            Hamburger            Cucumber Tomato Salad            Ambrosia Salad            Baked Beans            Birthday Cake</p>	
<p>8            Rueben Casserole            Mixed Vegetable            Strawberries            Rye Bread            Blueberry Crumble</p>	<p>9            Baked Fish            Tomato Salad            California Blend Vegetables            Whole Wheat Bread            Appealing Apricots            Graham Crackers</p>	<p>10            Pork Tenderloin            Red Skin Potatoes            Tropical Fruit            Macaroni and Cheese            Wheat Bread</p>	<p>11            Baked Spaghetti            Green Beans            Peaches and Pears            Garlic Bread            Antipasto</p>	<p>12  <b>Defiance County Senior Services will be CLOSED for a Staff Training Day</b></p>	
<p>15 <b><u>Celebrate Flag Day</u></b>              Baked Ham            Spinach            Whole Wheat Bread            Fresh Tomato Slices            Orange Pineapple Gelatin</p>	<p>16            Taco Salad            Tropical Fruit Salad            Blueberry Muffin</p>	<p>17 Baked Fish            Broccoli            Creamy Coleslaw            Whole Wheat Roll            Appealing Apricots</p> 	<p>18            Meatloaf            Carrots            Banana            Corn bread            Scalloped Potatoes            Tossed Salad</p>	<p>19 <b><u>Father's Day</u></b>            Swiss Steak            Mashed Potatoes            Broccoli            Mandarin Oranges            Whole Wheat Bread            Cherry Pie</p>	
<p>22            Sunshine Chicken            Three Bean Salad            Cauliflower            Chilled Orange Juice            Whole Wheat Bread</p>	<p>23            Hawaiian Pork over Brown Rice            Stir Fry Vegetables            Whole Wheat Bread            Fresh Banana</p>	<p>24            BBQ Beef Sandwich            Seven Layer Salad            Beets            Blueberry Crisp</p>	<p>25 <b><u>Fresh Fruit &amp; Veggie Celebration</u></b>            Turkey Cutlet            Spinach Salad            Carrot and Celery Sticks            Strawberries            Rye Bread</p>	<p>26            Ham Fettuccini Alfredo            Italian Blend Vegetables            Chilled Apple Juice            Whole Wheat Bread            Fresh Honeydew Melon</p>	
<p>29            Country Fried Steak            Seasoned Summer Squash            Tossed Salad            Whole Wheat Bread            Pineapple and Grapes</p>	<p>30            Egg Salad Sandwich            3-Bean Salad            Broccoli Salad            Peaches and Cottage Cheese</p>	<p><b>To access meal ingredients to any of the DCSS meals, please contact us at 419-782-3321.</b></p> <p><b>Menus are subject to change due to availability of food items and the weather.</b></p>			