



For SENIORS "60" PLUS  
Lunch Served at Noon  
Mon-Tue-Thur-Fri

Susanville Nutrition  
1700 Sunkist Dr..  
June 2018

Make Reservations  
1 day in advance  
Phone 257--2113

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Menu subject to change</b>  	<b>SUGGESTED DONATION</b>  <b>SENIORS \$3.50</b> <b>HOMEBOUND \$3.50</b>  <b>TRANSPORTATION \$1.00</b>	Dining-----Closed		<b>Lasagna</b> <b>Tossed Green Salad</b> <b>Mixed Vegetables</b> <b>Berry Cup</b> <b>Yogurt</b> <b>Bread &amp; Milk</b>
<b>4</b> <b>Chicken Breast with</b> <b>Tomato Sauce</b> <b>Italian Blend Veggies</b> <b>Whole Wheat Spaghetti</b> <b>Grape Juice</b> <b>Garlic Bread</b> <b>1%Milk</b>	<b>5</b> <b>Ground Beef Pattie</b> <b>Winter Blend Vegetables</b> <b>Cucumber Salad</b> <b>Fruit Cocktail</b>  <b>Whole Wheat Bread</b> <b>1% Milk</b>	Dining-----Closed	<b>6</b> <b>Fish Filet</b> <b>Oven Fries</b> <b>Zucchini/Tomatoes</b> <b>Mixed Fruit Cup</b> <b>Cookie</b> <b>Roll</b> <b>1% Milk</b>	<b>7</b> <b>Chicken Salad Sandwich</b> <b>Sweet Potato Fries</b> <b>Strawberry Yogurt</b>  <b>WW Bread</b> <b>1% Milk</b>
<b>11</b> <b>Baked Ham</b> <b>Baked Sweet Potatoes</b> <b>Asparagus</b> <b>Fruit Cobbler</b>  <b>French Roll</b> <b>1% Milk</b>	<b>12</b> <b>Chicken Fettuccini Alfredo</b> <b>Vegetable Blend</b> <b>Apple Juice</b> <b>Melon</b>  <b>WW Dinner Roll</b> <b>1%Milk</b>	Dining-----Closed	<b>13</b> <b>Pork Roast</b> <b>Mashed Potatoes/Gravy</b> <b>Carrots &amp; Brussel Sprouts</b> <b>Strawberries &amp; Blueberries</b> <b>Sugar Cookie</b>  <b>WW Bread</b> <b>1% Milk</b>	<b>14</b> <b>Meat Loaf</b> <b>Mashed Potatoes</b> <b>Broccoli Amandine</b> <b>Mandarin Oranges</b>   <b>WW Bread</b> <b>1% Milk</b>
<b>18</b> <b>Grilled Turkey &amp; Swiss</b> <b>Sandwich</b> <b>Coleslaw</b> <b>Gazpacho</b> <b>Strawberries with</b> <b>Whipped Cream</b> <b>1% Milk</b>	<b>19</b> <b>Pork Chop</b> <b>Mashed Potatoes</b> <b>Steamed Spinach</b> <b>Applesauce</b>  <b>WW Dinner Roll</b> <b>1% Milk</b>	Dining Closed	<b>21</b> <b>Chicken</b> <b>Brown Rice</b> <b>Mixed Vegetables</b> <b>Cranberry Juice</b> <b>Mixed Melons</b> <b>Bread</b> <b>1%Milk</b>	<b>22</b> <b>Macaroni &amp; Cheese</b> <b>Casserole W/ Ham</b> <b>Asparagus</b> <b>Tropical Fruit Salad</b> <b>Cookie</b> <b>Garlic Bread</b> <b>Milk</b>
<b>25</b> <b>Chicken Salad</b> <b>Broccoli Salad</b> <b>Potato Salad</b> <b>Mixed Berries</b>  <b>Bread</b> <b>1% Milk</b>	<b>26</b> <b>BBQ Pork Sparerib</b> <b>Apple &amp; Cabbage Slaw</b> <b>Baked Beans</b> <b>Watermelon Chunks</b>  <b>Cornbread</b> <b>Milk</b>	Dining Closed	<b>27</b> <b>Tuna Casserole</b> <b>Tomato Salad</b> <b>California Blend Vegetables</b> <b>Apricots</b>  <b>Bread</b> <b>1%Milk</b>	<b>28</b> <b>Country Fried Steak</b> <b>Summer Squash</b> <b>Tossed Green Salad</b> <b>Pineapple &amp; Melon</b> <b>Cake</b> <b>Bread</b> <b>1% Milk</b>
				<b>29</b>