

JUNE 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 STUFFED PEPPERS MASHED POTATO WHOLE BABY CARROTS APPLESAUCE	3 CHICKEN FLORENTINE WILD RICE ORIENTAL VEGETABLE ICE CREAM	4 BAKED FISH OF THE DAY BAKED POTATO STEWED TOMATOES ORANGE	5 SWEDISH MEATBALLS OVER NOODLES GREEN BEANS COOKIES	6 CHEESE TORTELLINI W/SAUCE CAULIFLOWER PEARS
9 FISH AND CHIPS MIXED VEGETABLE BANANA	10 SLOPPY JOE ON A ROLL BRUSSEL SPROUTS BROWNIES	11 HAM & CHEESE SANDWICH COLE SLAW PEACHES	12 EGGPLANT PARMESAN TOSSED SALAD W/DRESSING ASSORTED PIE	13 FLAG DAY LUNCHEON BBQ CHICKEN TATOR TOTS COLESLAW STRAWBERRY SHORTCAKE
16 SALISBURY STEAK MASHED POTATO BEETS FRUIT COCKTAIL	17 CHICKEN CACCIATORE BROWN RICE BROCCOLI LEMON PUDDING	18 TILAPIA SWEET POTATO SPINACH APPLE	19 SPAGHETTI W/ TURKEY MEATBALLS TOSSED SALAD W/DRESSING FRUITED JELLO	17 COWBOY CASSEROLE BISQUIT ITALIAN BEANS MANDARIN ORANGES
23 STUFFED SHELLS W/ TOMATO SAUCE WAX BEANS SHERBERT	24 LEMON PEPPER FISH MASHED POTATOES STEWED TOMATOES ORANGES	25 HAPPY BIRTHDAY AMERICAN CHOP SUEY CAULIFLOWER CAKE	26 ROAST TURKEY W/GRAVY CRANBERRY SAUCE STUFFING GREEN BEANS BANANA	27 CHICKEN PARMESIAN ZITI WINTER BLEND CRUSHED PINEAPPLE
30 ESTUARY BURGER ON WHEAT BUN MIXED VEGETABLES PEARS		Meals are supported by Senior Resources Agency on Aging with Title III funds available under the Older Americans Act		<u>Lunch Cost:</u> Age 60+, \$3.00 suggested donation Under Age 60, \$12.51

(Menu subject to change without notice)

CHESTER – 29 West Main Street CLINTON – 54 East Main Street OLD SAYBROOK – 220 Main Street OLD LYME – 26 Town Woods Road
WESTBROOK – Westbrook Town Hall, Senior Center, 866 Boston Post Road, THURSDAYS ONLY
RESERVATIONS AND CANCELLATIONS NEED TO BE MADE 24 HRS IN ADVANCE BY CALLING THE ESTUARY OFFICE AT 388-1611 BEFORE 11:00A.M.
THIS MENU MEETS 1/3 RDA AND CONFORMS TO U.S. DIETARY GUIDELINES – CERTIFIED BY NANCY EASTWOOD, RD

8 oz. – 1% milk

Multi-grain breads are served with each meal unless noted above

Condiments are served as posted

