

JUNE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 3 OZ BAKED SALMON 4 OZ MASHED POTATOES 4 OZ BEETS 1 MANDARIN ORANGES	2 6 OZ SPAGHETTI 1 SAUSAGE 3 OZ TOMATO SAUCE TOSSED SALAD 1 GARLIC KNOT 1 APPLE
5 FISH AND CHIPS 1 PORTION FISH 4 OZ FRENCH FRIES 4 OZ GREEN BEANS 4 OZ PINEAPPLE CHUNKS	6 3 OZ TURKEY LETTUCE TOMATO 1 ROLL 4 OZ COLESLAW 4 OZ FRUIT COCKTAIL	7 <i>NATIONAL CHOCOLATE ICE CREAM DAY</i> CHICKEN CAESAR SALAD 1 PORTION CHICKEN LETTUCE TOMATO 2 OZ CHEESE SALAD DRESSING MUFFIN 4 OZ FRUIT JUICE 4 OZ CHOCOLATE ICE CREAM	8 8 OZ EGGPLANT PARMESEAN 4 OZ ITALIAN BLEND 1 GARLIC KNOT 4 OZ PEARS	9 8 OZ UNSTUFFED PEPPER CASSEROLE 4 OZ CORN 4 OZ MANDARIN ORANGES
12 1 HOT DOG 4 OZ BAKED BEANS 4 OZ MIXED VEGETABLES 4 OZ PEACHES	13 4 OZ CHICKEN DIVAN 4 OZ WILD RICE 4 OZ BROCCOLI 1 BANANA	14 <i>FLAG DAY</i> 8 OZ BEEF STEW 4 OZ PEAS AND CARROTS 1 BISCUIT 1/12 SLICE POUND CAKE 4 OZ FRUIT	15 4 OZ TILAPIA 2 OZ SAUCE 4 OZ MASHED POTATOES 4 OZ BRUSSEL SPROUTS 4 OZ TROPICAL FRUIT	16 6 OZ PENNE 4 OZ BOLOGNESE SAUCE 4 OZ CAULIFLOWER 4 OZ PINEAPPLE CHUNKS
19 1 SALISBURY STEAK 2 OZ GRAVY 4 OZ MASHED POTATOES 4 OZ CARROT COINS 4 OZ PEARS	20 1 PORTION BAKED COD 4 OZ SWEET POTATOES 4 OZ SPINACH 4 OZ PEACHES	21 1 ST DAY OF SUMMER 1 PORTION CHICKEN 2 OZ BBQ SAUCE 4 OZ POTATO SALAD 4 OZ CONFETTI CORN 4 OZ FRUIT CRISP	22 <i>NATIONAL CHOCOLATE ÉCLAIR DAY</i> 1 PORTION GINGER PORK 4 OZ RED SKIN POTATOES 4 OZ ORIENTAL VEGETABLES 4 OZ JUICE 1 CHOCOLATE ECLAIR	23 8 OZ SHEPHERD'S PIE 4 OZ VEGETABLE BLEND 1 BISCUIT 1 ORANGE
26 1 PORTION HERBED BAKED CHICKEN 4 OZ ROASTED POTATOES 4 OZ GREEN BEANS 1 APPLE	27 1 PORTION VEAL 2 OZ MARSALA SAUCE 4 OZ BROWN RICE 4 OZ BRUSSEL SPROUTS 6 OZ FRUITED JELLO	28 <i>BIRTHDAY LUNCHEON</i> 8 OZ LASAGNA 4 OZ ITALIAN BLEND 1 GARLIC KNOT 4 OZ FRUIT JUICE 1 PIECE BIRTHDAY CAKE	29 8 OZ CHEESEBURGER MACARONI CASSEROLE 4 OZ BROCCOLI 4 OZ MANDARIN ORANGES	30 3 OZ SEAFOOD SALAD 1 ROLL 4 OZ 3 BEAN SALAD 1/8 SLICE FRUIT PIE

(Menu subject to change without notice)

CLINTON – 48 East Main Street

OLD SAYBROOK – 220 Main Street

OLD LYME – 26 Town Woods Road

KILLINGWORTH – CONGREGATIONAL CHURCH - WEDNESDAYS 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

