

**Oneida County Office for the Aging
Nutrition Program for the Elderly**

JUNE MENU 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Pasta Fagioli Zucchini Squash Wheat Bread Vanilla Pudding*	Chicken Ala King Broccoli with Red Peppers Biscuit Pineapple Tidbits	Lasagna Roll Up With Meat Sauce Italian Green Beans Wheat Bread Oatmeal Raisin Cookie*	Mushroom Stew Over Noodles Broccoli Wheat Bread Diced Pears	Western Stratta Hash Brown Potatoes Spinach Wheat Bread Mandarin Oranges
9	10	11	12	13
Beef Hot Dog Baked Beans Carrots Hot Dog Bun Apple Sauce	Mushroom Spinach Orzo Cauliflower Wheat Bread Warm Cinnamon Peaches	Chicken Stir Fry Brown Rice Oriental Blend Vegetables Wheat Bread Fresh Apple	Father's Day Sliced Turkey with Gravy Mashed Potatoes Peas with Pearl Onions Whole Wheat Dinner Roll Marble Cake with Topping*	Rib B Que Oven Roasted Potatoes Capri Blend Vegetables Wheat Bread Fruit Mix
16	17	18	19	20
Oven Brown Fish Au Gratin Potatoes Harvard Beets Wheat Bread Cinnamon Apples	Spanish Rice Broccoli Florets Wheat Bread Mandarin Oranges	Turkey Cacciatore Penne Pasta Brussel Sprouts Wheat Bread Peaches	BBQ Chicken Sweet Potatoes Summer Blend Vegetables Wheat Bread Fruit Cup	Swedish Meatballs over Pasta Zucchini and Tomatoes Wheat Bread Yogurt with Fruit
23	24	25	26	27
Hamburger with Sauteed Onions Roasted Potatoes Carrots Whole Wheat Hamburg Roll Diced Pears	Asian Lentil Taco Beets Taco Shells 2 Pineapple Tidbits	White Chicken Chili Brown Rice Green Beans Wheat Bread Fruit Mix	Sweet n Sour Pork Rice Broccoli Wheat Bread Warm Apple Crisp	Salisbury Steak with Gravy Mashed Potatoes Cauliflower Wheat Bread Mandarin Oranges
30				
Tomato Basil Soup Chicken Nuggets Mixed Vegetables Wheat Bread Peaches				

