

JUNE 2025 Meals on Wheels & Senior Café

Meals on Wheels - Please remember to cancel your meal 24 hours in advance of any appointments, etc.

Sylva 631-8044

Cashiers 745-6856

Senior Café—Reservations & Cancellations required by 3pm one day in advance

Sylva 631-8045

Cashiers 745-6856



Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Cordon Bleu Roasted Potatoes Spinach/Strwbry Salad Garlic Toast Spiced Apples Milk	3 Pepper Steak w/Gravy & Rice Mixed Vegetables Carrot & Raisin Salad Roll Milk	4 Baked Chicken Parmesan Tomatoes Lima Beans Texas Toast Fruited Gelatin Milk juice/oj	5 Crab Cake Mashed Potatoes Green Peas Blueberry Cobbler Pineapple Chunks Milk	6 Cheeseburger/Bun Baked Beans Home Fries Calico Coleslaw Lettuce & Tomato Fresh Orange Milk
9 Beef Tips w/Mushroom Gravy Black-Eyed Peas Boiled Cabbage Banana Pudding Rye Bread Milk	10 Shepherd's Pie Brussel Sprouts Red seedless grapes Stewed/spiced Apples Garlic Texas Toast Juice/ oj Milk	11 Egg Salad Shredded Lettuce Croissant Potato Chips Grape Cluster Milk	12 Open-Faced Hot Turkey Sandwich w/Gravy Carrots Mashed Potatoes Diced Pears Cookie Milk	13 Chicken Jambalaya w/Rice Broccoli Cuts Southwestern Corn Doughnut Milk Fresh Orange
16 Tuna Salad Macaroni Salad Green Pea Salad Crackers Fresh Orange Berry Parfait Milk	17 Beef w/Rstd Veggies Summer Squash salad Brussel Sprouts lemon pudding milk Dinner Roll banana	18 Pinto Beans Fried Potatoes/Onions Boiled Cabbage Cornbread Watermelon Milk	19 Baked Chicken Squash Casserole Lima Beans Applesauce Roll Milk juice/oj	20 Cheese Ravioli w/Meat Sauce Southwestern Corn Green Beans Garlic Bread Milk Spice Cake w/Frosting
23 Spinach Quiche Roasted Potatoes Turkey Sausage Fresh Orange Milk	24 Chef Salad w/Ham & Turkey Potato Salad Cottage Cheese & Peach Salad Milk Crackers	25 Fried Chicken Cheesy Potatoes Asparagus Fruit Cup Milk WW Dinner Roll Pineapple Up/Dn Cake	26 Beef Goulash over Macaroni Noodles Whole Kernel Corn Peas w/Mushrooms Garlic Texas Toast Juice/oj Milk	27 Baked Pork Chop Baked Sweet Potato Broccoli w/ Cheese Sauce Biscuit Banana Milk
30 BBQ Pulled Pork Home Fries Baked Beans WW Dinner Roll Grapes Milk				