

Burnside Center Congregate June Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
1		2		3		4		5	
Chicken Cacciatore	13gm	Beef Sloppy Joe	5gm	NO MEAL SERVICE		Sweet and Sour Pork	17gm	NO MEAL SERVICE	
Sauteed Spinach	3gm	Baked Beans	21gm		Brown Rice	17gm			
Rice Pudding	18gm	Chocolate Zucchini Cake	28gm		Simmered Green Cabbage	5gm			
Whole Grain Roll	35gm	Hamburger Bun	26gm		Pineapple Upside-Down Cake	28gm			
						Chow Mein Noodles	9gm		
8		9		10		11		12	
Meatloaf and Gravy	18gm	Hungarian Goulash	17gm	NO MEAL SERVICE		Chicken Parmesan	43gm	NO MEAL SERVICE	
Mashed Potatoes	17gm	Sweet & Sour Cabbage	4gm		Brussels Sprouts	7gm			
Stewed Tomatoes	4gm	Warm Cinnamon Apples	2gm		Warm Cinnamon Apples	2gm			
Corn Pudding	22gm	Whole Grain Roll	35gm		Whole Grain Roll	35gm			
Whole Grain Roll	35gm								
15		16		17		18		19	
Chicken and Rice Casserole	42gm	Vegetable Lasagna	56gm	NO MEAL SERVICE		Herb Roasted Chicken	0gm	CENTER CLOSED NO MEAL SERVICE	
Sauteed Carrots	4gm	Harvard Beets	8gm		Brussels Sprouts	7gm			
Warm Cinnamon Apples	2gm	Mixed Berry Crisp	18gm		Cherry Crisp	19gm			
Whole Grain Roll	35gm	Whole Grain Roll	35gm		Whole Grain Roll	35gm			
22		23		24		25		26	
Beef Enchilada Bake	13gm	BBQ Chicken Thigh	2gm			Pulled Pork	5gm	NO MEAL SERVICE	
Cilantro Rice	27gm	Collard Greens	4gm		Potatoes O'Brien	12gm			
Apple Cobbler	26gm	Banana Bread Pudding	17gm		Carrot Cake	23gm			
Whole Grain Roll	35gm	Whole Grain Roll	35gm		Hamburger Bun	26gm			
29		30		DETAILS ON BACK					
Beef Soft Tacos		Sesame Chicken	27gm						
Mexican Rice		White Rice	17gm						
Mexican Street Corn		Wax Beans & Peppers	5gm						
Sopapilla Cheesecake Bar		Pineapple Upside-Down Cake	28gm						
		Chow Mein Noodles	9gm						



Monday, Tuesday, and Thursday
 11:30 a.m. - 12:30 p.m.
 \$3.00 suggested donation for seniors 60+
 \$7.00 fee for guests under the age of 60

