

**Department of Health & Human Services  
Damascus Senior Nutrition Program  
June 2018**

The meal cost is \$7.00 For people age 60 and over and spouses of any age, a voluntary contribution is requested. Guests under age 60 must pay the full cost of the meal. **PLEASE CONTRIBUTE AS MUCH AS YOU CAN – contributions are used to serve more meals.** Meal reservations for each week are to be made at Damascus Senior Center (240-777-6995) no later than 2 p.m. Monday of the week the meals are served. Please call if you must cancel your reservation so we can offer the meal to others who might be interested. *For information about the Senior Nutrition Program, call 240-777-3810.*

**VEGETARIAN ALTERNATIVE AVAILABLE BY ADVANCED REQUEST ONLY!**

*Fat Free milk served with all meals.*

*Menus subject to change without notice.*

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|---|---|--|---|
| <p><i>Looking for reliable information on diet and nutrition for healthy aging? Speak directly with a registered dietitian. Call the Senior Nutrition Hotline Wednesdays 9 - 11 a.m. 240-777-1100</i></p> |   |   |  | <p><b>1</b><br/>Grape Juice<br/>Chicken &amp; Mixed Vegetable Fried Rice<br/>Crisp Wontons<br/>Garden Salad<br/>Fresh Melon</p>   |
| <p><b>4</b><br/>Tomato-Basil &amp; Garbanzo Soup<br/>Tuna Salad Sandwich on Whole Wheat Bun<br/>Tossed Salad<br/>Fresh Fruit</p>  | <p><b>5</b><br/>Cranberry Juice<br/>Herb Baked Chicken<br/>Lemony Veg Orzo<br/>Spinach Salad<br/>Cornbread<br/>Fruit Crisp</p>      | <p><b>6</b><br/>Apple Juice<br/>Spinach &amp; Egg Strata<br/>Potato Wedges<br/>Tossed Berry Salad<br/>Pumpkin Muffins<br/>Orange Wedges</p>       | <p><b>7</b><br/>Cran-Raspberry Juice<br/>Zucchini &amp; Beef Meatballs<br/>Pasta w/ Tomato Sauce<br/>Garden Salad<br/>Italian Wheat Toast<br/>Fresh Fruit</p>  | <p><b>8</b><br/><u>Summer Cookout</u><br/>Peach-Mango Juice<br/>Cheeseburger/Turkey Dog<br/>Potato Salad<br/>Watermelon-Feta Salad<br/>Coleslaw<br/>Whole Wheat Bun</p> |
| <p><b>11</b><br/>Cran-Raspberry Juice<br/>Stuffed Pepper<br/>Baked Potato<br/>Green Beans<br/>Whole Wheat Bread<br/>Fresh Fruit</p>   | <p><b>12</b><br/>Apple Juice<br/>Teriyaki Chicken<br/>Steamed Vegetables<br/>Sesame Noodles<br/>Roasted Vegetable<br/>Lime Cake</p> | <p><b>13</b><br/>Grape Juice<br/>Salmon Patty w/ Tartar Sauce<br/>Whole Wheat Bun<br/>Garden Salad<br/>Curried Brown Rice<br/>Fruited Gelatin</p> | <p><b>14</b><br/>Cranberry Juice<br/>Salisbury Steak with Mushroom Gravy<br/>Mashed Potatoes<br/>Chopped Salad<br/>Mixed Vegetables<br/>Black Bean Brownie</p> | <p><b>15</b><br/>Cran-Apple Juice<br/>Meatloaf<br/>Baked Potato<br/>Broccoli<br/>Whole Wheat Bread<br/>Fresh Fruit</p>  |

|   |  |  |   |  |
|---|--|--|---|--|
| <p style="text-align: center;"><b>18</b></p> <p style="text-align: center;"><b>Spinach &amp; Bean Soup<br/>Egg Salad Sandwich<br/>on Whole Wheat Bun<br/>Pasta/Veggie Salad<br/>Fresh Fruit</b></p> | <p style="text-align: center;"><b>19</b></p> <p style="text-align: center;"><b>Orange Juice<br/>Tomatillo Chicken<br/>Cilantro-Lime Rice<br/>Fajita Vegetables<br/>Corn Tortillas<br/>Taco Garden Salad<br/>Coconut Cupcakes</b></p> | <p style="text-align: center;"><b>20</b></p> <p style="text-align: center;"><b>Cran-Grape Juice<br/>Turkey &amp; Vegetable<br/>Shepherd's Pie with<br/>Whipped Potatoes<br/>Steamed Vegetables<br/>Cornbread<br/>Fresh Fruit</b></p> | <p style="text-align: center;"><b>21</b></p> <p style="text-align: center;"><b>Apple Juice<br/>Mushroom Swiss Burger<br/>Cucumber Salad<br/>Whole Wheat Bun<br/>Roasted Potato Wedges<br/>Black Bean Brownies</b></p> | <p style="text-align: center;"><b>22</b></p> <p style="text-align: center;"><b>Cran-Apple Juice<br/>Poached Salmon<br/>Baked Sw. Potato<br/>Spinach<br/>Whole Wheat Bread<br/>Fresh Fruit</b></p>                  |
| <p style="text-align: center;"><b>25</b></p> <p style="text-align: center;"><b>Cranberry Juice<br/>Tuna/Tortellini Salad<br/>Tossed Salad<br/>Whole Wheat Bread<br/>Fresh Fruit</b></p>             | <p style="text-align: center;"><b>26</b></p> <p style="text-align: center;"><b>Apple Juice<br/>Chicken Piccata<br/>Brown Rice<br/>Green Beans<br/>Cornbread<br/>Fruited Gelatin</b></p>  | <p style="text-align: center;"><b>27</b></p> <p style="text-align: center;"><b>Cran-Raspberry Juice<br/>Egg &amp; Cheese Quiche<br/>Herb Roasted Potatoes<br/>Berry Garden Salad<br/>Pineapple Cupcake<br/>Orange Wedges</b></p>     | <p style="text-align: center;"><b>28</b></p> <p style="text-align: center;"><b>Cran-Grape Juice<br/>Italian Meatballs<br/>Penne Pasta<br/>Tomato Sauce<br/>Garden Salad<br/>Lemon-Berry Muffins</b></p>               | <p style="text-align: center;"><b>29</b></p> <p style="text-align: center;"><b>Apple Juice<br/>Turkey, Zucchini &amp;<br/>Feta Burger<br/>Baked Potato<br/>Green Beans<br/>Whole Wheat Bun<br/>Fresh Fruit</b></p> |

**Eat Seasonally!** June is the perfect time to find these delicious fruits and vegetables at local farms, produce stands and farmers markets: beans, blackberries, cherries, cucumbers, herbs, peaches, plums, potatoes, rhubarb, strawberries (late-May/early June) and squash.

Eat locally for the freshest, most nutritious ingredients available.