

## 401 Hodencamp Road, Thousand Oaks www.seniorconcerns.org

805-497-0189



Monday	Tuesday	Wednesday	Thursday	Friday
Morning And Afternoon Snacks Are Served Daily.  Lunch is Served from 11:30 to 12:30 pm  Lunch Is Served With: 1% Unflavored Milk, Fruit And Bread Or Roll Unless  Fulfilled By Another Approved Grain. Fish, Chicken Breast, Brown Rice  And A Second Vegetable Are Available Upon Request.			Menu Is Subject To Change	Happy Father's Day
3 Chicken Quinoa Soup Whole Grain Roll Corn Fresh Fruit	Turkey Ham Oven Roasted Potatoes Whole Wheat Roll Tropical Fruit Salad	Baked Ziti Olive Oil Bread Sticks Green Salad Fruit Cocktail	6 Chicken Salad Whole Grain Roll Broccoli Mandarin Oranges	7 Pulled Pork Whole Wheat Roll Cole Slaw Pineapple
10 Sloppy Joes Whole Grain Bun Veggie Salad Fruit Cocktail	Chicken Pot Pie Dinner Roll Mixed Veggies Fresh Fruit	Turkey Meatballs Mashed Potatoes Italian Veggies Mandarin Oranges	Baked Lemon Tilapia Rice Pilaf Peas Peaches	Macaroni & Cheese Whole Wheat Roll Peas & Carrots Applesauce
17 Teriyaki Chicken Jasmine Rice Broccoli & Carrots Tropical Fruit Salad	18 Baked Salmon in Dill Wild Rice Green Bean Medley Diced Apples	Beef Stroganoff Noodles Carrots Fresh Fruit	Pasta e Fagioli Soup w/ Mixed Veggies Oyster Crackers Applesauce	Stuffed Baked Potato Whole Wheat Roll Broccoli Pears & Blueberries
24 Lasagna Garlic Bread Caesar Salad Mandarin Oranges	Turkey & Cheese Sandwiches Whole Grain Bread Mixed Veggies Pineapple	Beef Stew w/ Veggies Green Salad Whole Wheat Roll Fresh Fruit	Tuna Salad Croissant Tomato & Cucumber Salad Peaches	BBQ Chicken Roasted Potatoes Green Salad & Roll Diced Apples