



WCCS 7 Day Menu June 2019

Amy Houpey, CDM, CFPP, MBM
Food Service Director

Menus Subject to Change with Dietitian Approval

Morrow Center – 513-267-9045
 Lebanon Center – 513-939-5189
 Franklin Center – 937-545-6788
 South Lebanon Center – 513-267-8293
 741 Senior Center – 513-695-2257

Week of June 30

| MENU A | MENU B |
|--|--|
| SUNDAY 6/30 | SUNDAY 6/30 |
| Chefs Surprise Dinner Roll / Margarine Fruit Milk | Chefs Surprise Dinner Roll / Margarine Fruit Milk |

REMINDER:
 If you are **NOT** going to be home to receive your HOME DELIVERED MEAL
PLEASE CALL: 513-695-2256 Option 2, A DAY IN ADVANCE OR BY 8:00 a.m.

Week of June 1

| MENU A: | MENU B: |
|--|--|
| SATURDAY 6/1 | SATURDAY 6/1 |
| Chefs Surprise Dinner Roll / Margarine Fruit Milk | Chefs Surprise Dinner Roll / Margarine Fruit Milk |

Week of June 2

| MENU A | MENU B |
|---|--|
| SUNDAY 6/2 | SUNDAY 6/2 |
| Chefs Surprise Dinner Roll / Margarine Fruit Milk | Chefs Surprise Dinner Roll / Margarine Fruit Milk |
| MONDAY 6/3 | MONDAY 6/3 |
| Mini Corn Dogs Cream Corn Sliced Carrots Dinner Roll / Margarine Fresh Fruit Milk | B.B.Q. Chicken Breast Potato Wedges Maui Vegetables Dinner Roll / Margarine Fresh Fruit Milk |
| TUESDAY 6/4 | TUESDAY 6/4 |
| Ham With Pineapple Sauce Twice Baked Potato Chuckwagon Vegetables Bread Stick / Margarine Cherry Pie / Diet Pie Milk | White Chicken Chili With Beans Succotash Green Beans Bread Stick / Margarine Cherry Pie / Diet Pie Milk |
| WEDNESDAY 6/5 | WEDNESDAY 6/5 |
| Kielbasa Mashed Potatoes Sauerkraut Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk | Grilled Salmon Scalloped Potatoes Mixed Vegetables Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk |
| THURSDAY 6/6 | THURSDAY 6/6 |
| Pot Roast / Gravy Baby Bakers Seasoned Green Beans Dinner Roll / Margarine Fresh Fruit Milk | Breaded Pork Chop Diced Potatoes Peas And Onions Dinner Roll / Margarine Fresh Fruit Milk |
| FRIDAY 6/7 | FRIDAY 6/7 |
| Sloppy Joe / Bun Au Gratin Potatoes Capri Vegetables Coleslaw Milk | Veggie Burger / Bun Potato Medley Broccoli Coleslaw Milk |
| SATURDAY 6/8 | SATURDAY 6/8 |
| Chefs Surprise Dinner Roll / Margarine Fruit Milk | Chefs Surprise Dinner Roll / Margarine Fruit Milk |

[Week of June 9](#)

| MENU A: SUNDAY 6/9 | MENU B: SUNDAY 6/9 |
|--|--|
| Chefs Surprise Dinner Roll / Margarine Fruit Milk | Chefs Surprise Dinner Roll / Margarine Fruit Milk |

| MONDAY 6/10 | MONDAY 6/10 |
|---|---|
| Cheese Omelet Cinnamon Apples Hash Brown Potatoes Biscuit / Margarine Diced Pears Milk | Cheese Burger Casserole Wax Beans Buttered Corn Biscuit / Margarine Diced Pears Milk |

| TUESDAY 6/11 | TUESDAY 6/11 |
|--|---|
| Homemade Beef And Noodles Capri Vegetables Seasoned Kale Fresh Fruit Cheese Cake / Sponge Cake Milk | Cheese Stuffed Shells Zucchini Peas And Carrots Fresh Fruit Cheese Cake / Sponge Cake Milk |

| WEDNESDAY 6/12 | WEDNESDAY 6/12 |
|---|--|
| Chicken Legs Mashed Potatoes With Skins Asparagus Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk | Chorizo And Potato Skillet Yellow Squash Winter Blend Vegetables Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk |

| THURSDAY 6/13 | THURSDAY 6/13 |
|--|---|
| Swedish Meatballs / Pasta Peas Stewed Tomatoes Bread Stick / Margarine Strawberry Applesauce Milk | Green Beans And Ham Baby Bakers Spinach Bread Stick / Margarine Strawberry Applesauce Milk |

| FRIDAY 6/14 | FRIDAY 6/14 |
|--|---|
| Beef Stroganoff Mixed Vegetables Spinach Dinner Roll / Margarine Fresh Fruit Milk | Breaded Chicken Patty Tater Bucks Oriental Vegetables Dinner Roll / Margarine Fresh Fruit Milk |

| SATURDAY 6/15 | SATURDAY 6/15 |
|--|--|
| Chefs Surprise Dinner Roll / Margarine Fruit Milk | Chefs Surprise Dinner Roll / Margarine Fruit Milk |

[Week of June 16](#)

| MENU A: SUNDAY 6/16 | MENU B: SUNDAY 6/16 |
|--|--|
| Chefs Surprise Dinner Roll / Margarine Fruit Milk | Chefs Surprise Dinner Roll / Margarine Fruit Milk |

| MONDAY 6/17 | MONDAY 6/17 |
|--|--|
| Pork Roast / Gravy Sweet Potatoes Corn Souffle Corn Muffin / Margarine Fresh Fruit Milk | Corned Beef Seasoned Diced Potatoes Cooked Cabbage Corn Muffin / Margarine Fresh Fruit Milk |

| TUESDAY 6/18 | TUESDAY 6/18 |
|---|--|
| Chicken Fried Rice Butter Beans Stir Fry Vegetables Bread Stick / Margarine Diced Peaches Milk | Crab Cake Potato Medley Lima Beans Bread Stick / Margarine Diced Peaches Milk |

| WEDNESDAY 6/19 | WEDNESDAY 6/19 |
|---|---|
| Roast Beef / Gravy Mashed Potatoes Sliced Carrots Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk | Broccoli Stuffed Chicken Capri Vegetables Sugar Snap Peas Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk |

| THURSDAY 6/20 | THURSDAY 6/20 |
|--|---|
| Sliced Turkey / Gravy Sweet Potatoes Seasoned Green Beans Dinner Roll / Margarine Pumpkin Pie / Diet Pie Milk | Meatloaf / Gravy Ranch Mashed Potatoes Golden Hominy Dinner Roll / Margarine Pumpkin Pie / Diet Pie Milk |

| FRIDAY 6/21 | FRIDAY 6/21 |
|--|---|
| Hamburger / Bun Criss Cut Potatoes Baked Beans Mandarin Oranges Milk | Smokie / Bun Potato Wedges Sauerkraut Mandarin Oranges Milk |

| SATURDAY 6/22 | SATURDAY 6/22 |
|--|--|
| Chefs Surprise Dinner Roll / Margarine Fruit Milk | Chefs Surprise Dinner Roll / Margarine Fruit Milk |

[Week of June 23](#)

| MENU A: SUNDAY 6/23 | MENU B: SUNDAY 6/23 |
|--|--|
| Chefs Surprise Dinner Roll / Margarine Fruit Milk | Chefs Surprise Dinner Roll / Margarine Fruit Milk |

| MONDAY 6/24 | MONDAY 6/24 |
|--|--|
| Shredded Chicken Taco Mixed Vegetables Diced Tomatoes Tortilla Fresh Fruit Milk | Beef Stir Fry Black Beans Stir Fry Vegetables Tortilla Fresh Fruit Milk |

| TUESDAY 6/25 | TUESDAY 6/25 |
|---|--|
| Salisbury / Mushroom Gravy Mashed Potatoes Winter Blend Dinner Roll / Margarine Mixed Fruit Milk | Cheese Pizza Buttered Corn Sugar Snap Peas Dinner Roll / Margarine Mixed Fruit Milk |

| WEDNESDAY 6/26 | WEDNESDAY 6/26 |
|---|---|
| Cabbage Roll Diced Potatoes Butter Beans Fresh Vegetables / Ranch Cup W/W Dinner Roll / Margarine Milk | Baked Fish Spinach Stewed Tomatoes Fresh Vegetables / Ranch Cup W/W Dinner Roll / Margarine Milk |

| THURSDAY 6/27 | THURSDAY 6/27 |
|--|--|
| Chicken Cordon Bleu Peas And Onions Wax Beans Bread Stick / Margarine Apple Pie / Diet Pie Milk | Lasagna Cauliflower Asparagus Bread Stick / Margarine Apple Pie / Diet Pie Milk |

| FRIDAY 6/28 | FRIDAY 6/28 |
|---|---|
| Lemon Pepper Chicken Potato Medley Mixed Vegetables Dinner Roll / Margarine Fresh Fruit Milk | Broccoli And Cheese Casserole Tater Bucks Succotash Dinner Roll / Margarine Fresh Fruit Milk |

| SATURDAY 6/29 | SATURDAY 6/29 |
|--|--|
| Chefs Surprise Dinner Roll / Margarine Fruit Milk | Chefs Surprise Dinner Roll / Margarine Fruit Milk |