



JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Baked Mac & Cheese Roasted Peppers Steamed Green Beans	3 BBQ Pulled Pork Sandwich Cauliflower Sweet Potatoes	4 Caribbean Flounder w/Dirty Rice Steamed Carrots Steamed Broccoli	5 Beef Stroganoff w/Egg Noodles Mixed Vegetables Peach Crumble	6 White Chicken Chili Brown Rice Roasted Zucchini & Stewed Tomatoes
9 Chicken Burger w/Roasted Peppers & Provolone Wild & Brown Rice Pilaf Steamed Broccoli *Whole Fresh Fruit	10 Pasta w/Meatballs Peas Poached Pear	11 Beef Stew Roasted Potatoes Peach Crumble	12 Pork Pozole (Mexican Stew) Rice Capri Vegetables	13 General Tso's Chicken Fried Rice Broccoli
16 Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables *Pudding	17 Three Bean Chili w/Bulgur Wheat Confetti & Pea Vegetables Apple Crumble	18 Paprika Chicken Wild & Brown Rice Pilaf Peas & Carrots Poached Pear	19 Turkey w/Gravy Glazed Sweet Potatoes Green Beans 	20 Sweet Italian Sausage Roasted Potatoes Steamed Peas
23 Roasted Chicken Thighs w/Sweet Potatoes Green Beans Blueberry Buckle	24 Cheese-Stuffed Shells w/Crushed Tomato Sauce Steamed Carrots Mixed Vegetables	25 Swedish Meatballs w/Egg Noodles Peas Poached Pear	26 Philly Roast Pork Sandwich Cauliflower Peach Crumble	27 Roasted Tilapia w/Lemon Rice Capri Vegetables Stewed Tomatoes *Pudding
30 Baked Mac & Cheese Roasted Peppers Steamed Green Beans	  manna on main street Ending Hunger, Building Community, Transforming Lives			

* indicates side item is packed separately from meal tray

Frozen Meals