

June 2019		POPE COUNTY SENIOR WELLNESS & ACTIVITY CENTER			CONGREGATE MENU	
Monday	Tuesday	Wednesday	Thursday	Friday		
3 Chicken Fried Steak Mashed Potatoes Country Gravy Pinto Beans Cornbread Peach Yogurt	4 Spaghetti & Meat Sauce Italian Green Beans Garlic Texas Toast Snickerdoodle Cookie or Applesauce	5 Cheeseburger Lettuce, Tomato, Pickle Ruffles Potato Chips French Onion Dip Pineapple Coleslaw Orange Sherbet	6 Oven Fried Chicken Mashed Potatoes Country Gravy Peas & Pearls Wheat Roll Golden Fruit Cup	7 Pinto Beans w/Ham Roasted Red Potatoes Cabbage & Carrots Regular or Mexican Cornbread Peach Cobbler		
10 Chicken Monterey Rice a Roni Catalina Vegetables Garlic Bread Sticks Pineapple & Cherries	11 Triple Decker Sandwich (Turkey, Ham, Bacon) Lettuce, Tomato, Pickle Breaded Mushrooms Potato Cheese Soup Moon Pies and Banana	12 Overnight Pork Roast Mashed Potatoes Homemade Gravy Green Beans w/Onion Buttery Biscuit Homemade Coconut Pie	13 Baked Cod Wedges or Baked Ranch Chicken over Garden Rice Spinach Salad w/Oranges & Walnuts Wheat Roll Cherry Chip Cake	14 BBQ Pork Stuffed Baked Potato Broccoli Sauté Creamy Coleslaw Buttery Texas Toast Bread Pudding w/ Orange Sauce		
17 Hamburger Steak w/ Mushrooms, Peppers & Onions Mashed Potatoes/Gravy Peas & Carrots Wheat Roll Tropical Fruit	18 Glazed Pitt Ham Loaded Sweet Potato Black-Eyed-Peas Cornbread Apple Cake	19 Chicken & Dressing Mashed Potatoes Homemade Gravy Green Bean Casserole Cranberry Sauce White Roll Homemade Pumpkin Pie	20 2 Mexican Chicken Taco's Lettuce, Tomato Refried Beans Mexican Rice Sour Cream/Guacamole Sopapilla Cheesecake	21 Catfish & Chicken Strip French Fries Fresh Veg Salad Hush Puppies Mixed Fruit Cobbler		
24 Beef Liver & Onions or Salisbury Steak Mashed Potatoes Brown Gravy Mixed Vegetables Wheat Roll Tapioca Pudding	25 Chicken Spaghetti Side Salad Garlic Toast Ambrosia	26 Crab Cakes or Oven Fried Chicken Ranch Bacon Pasta Salad Broccoli Medley Garlic Cheese Biscuit Lemon Tarts w/Raspberry	27 Sloppy Joe Tater Tots Corn Salad Peanut Butter Pie	28 Homemade Meatloaf Mashed Potatoes Brown Gravy Green Beans w/Onion Wheat Roll Ice Cream Cup		