





| June 2019   |  |  |  |  | Dardanelle Senior Center |   |  |  |  | Congregate Menu |  |  |  |  |
|---|--|--|--|--|--------------------------|---|--|--|--|-----------------|--|--|--|--|
| Monday  |  | Tuesday  |  | Wednesday  |                          | Thursday  |  | Friday   |  |                 |  |  |  |  |
| <b>3</b><br>Chicken Fried Steak<br>Creamy Potatoes with Country Gravy<br>Green Beans<br>Wheat Roll<br>Mandarin Oranges            |  | <b>4</b><br>Cheesy Goopy Lasagna<br>Tossed Salad<br>Garlic Bread<br>Deluxe Fruit                                       |  | <b>5</b><br>BBQ Chicken<br>Corn on the Cob<br>Coleslaw<br>Wheat Roll<br>Ambrosia   |                          | <b>6</b><br>Loaded Baked Potato with Ham or Chicken<br>Broccoli and Cheese<br>Wheat Roll<br>Frosted Pumpkin Bar       |  | <b>7</b><br>Taco Salad<br>Chili Beans<br>Cheese Dip<br>Tortilla Chips<br>Cheesecake  |  |                 |  |  |  |  |
| <b>10</b><br>Hawaiian Chicken on a Bun<br>Lettuce and Tomato<br>Macaroni Salad<br>Ruffles<br>Strawberry Shortcake                 |  | <b>11</b><br>Homemade Meatloaf<br>Loaded Mashed Potatoes<br>Succotash<br>Wheat Roll<br>Apple Pie                       |  | <b>12</b><br>Juicy Roast Beef<br>Creamy Mashed Potatoes with Gravy<br>Roasted Carrots<br>Wheat Roll<br>Apple Brown Betty |                          | <b>13</b><br>Vegetable Soup<br>Tuna or Chicken Salad on Wheat Bread<br>Lettuce and Tomato<br>Butterscotch Cream Tart  |  | <b>14</b><br>Hamburger<br>Lettuce, Tomato, Pickle, Onion<br>French Fries<br>Coke or Root Beer<br>Floats                      |  |                 |  |  |  |  |
| <b>17</b><br>Chicken Livers or Chicken Patty<br>Mashed Potatoes with Gravy<br>Peas and Carrots<br>Wheat Roll<br>Peaches and Cream |  | <b>18</b><br>Pinto Beans with Ham<br>Fried Cabbage<br>Fried Potatoes<br>Regular or Mexican Cornbread<br>Chocolate Cake |  | <b>19</b><br>Oven Fried Chicken<br>Baby Bakers<br>Sweet Corn<br>Wheat Roll<br>Pineapple Upside Down Cake                 |                          | <b>20</b><br>Brown Sugar Baked Ham<br>Loaded Sweet Potato<br>Black Eyed Peas<br>Buttery Cornbread<br>Golden Fruit Cup |  | <b>21</b><br>Frito Chili Pie<br>Cheese and Onions<br>Tossed Salad<br>Sherbet   |  |                 |  |  |  |  |
| <b>24</b><br>Chicken N Dumplings<br>Fresh Vegetable Salad<br>Wheat Roll<br>Tropical Fruit   |  | <b>25</b><br>Savory Pork Loin<br>Mashed Potatoes with Gravy<br>Green Peas<br>Wheat Roll<br>Chocolate Pudding Parfait   |  | <b>26</b><br>Spaghetti with Meat Sauce<br>Italian Green Beans or Side Salad<br>Garlic Toast<br>Mixed Fruit               |                          | <b>27</b><br>Pulled Pork on a Bun<br>Baked Beans<br>Calico Slaw<br>Pears and Cookie                                   |  | <b>28</b> Breakfast<br>Breakfast Casserole<br>Bacon<br>Hash Brown<br>Biscuit and Gravy<br>Assorted Muffins<br>Assorted Juice |  |                 |  |  |  |  |
|    |  |                                     |  |                                      |                          |                                  |  | We also serve chef salads daily with your choice of one meat ham, chicken or turkey call before 11.<br>229-4129              |  |                 |  |  |  |  |