

June 2019

Valley West Center (623) 931-7436

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Lunch Served At Noon Monday-Friday	MILK SERVED DAILY: ½ Pint	DAILY SUGGESTED CONTRIBUTION: \$2.50	<i>This heat can be dangerous. Please keep water with you at all times.</i>	<i>Stay out of the direct sun when possible & use your A/C, or come in to our center and enjoy ours.</i>	1
2	3 Veggie Burger Dilled Carrots Rosemary Potatoes Applesauce	4 Broccoli & Beef over Rice Steamed Cabbage Fresh Fruit	5 Chicken Alfredo Italian Mix Veg. Zucchini & Squash Fruited Yogurt	6 Seafood Salad Tomato Wedges Potato Salad Fruited Yogurt	7 BBQ Riblet Sweet Peas Red Potatoes Mandarin Oranges	8
9	10 Beef Fajita Fiesta Blend Veg. Snap Peas Pineapple Tidbits	11 Stuffed Chicken Breast Steamed Broccoli Country Mix Veg. Fresh Fruit	12 Pork Chop Suey Asian Blend Veg. Egg Roll Diced Pears	13 All Beef Hotdog Seasoned Potatoes Baked Beans Pineapple Chunks	14 Sub Sandwich Garden Salad Pea Salad Apple Pie	15
16	17 Sweet & Sour Chicken Baby Carrots Egg Roll Mandarin Oranges	18 Ham Slice Scalloped Potatoes Brussel Sprouts Fresh Fruit	19 Chicken Enchilada Casserole Lettuce & Tomatoes California Blend Veg. Chilled Peaches	20 Lemon Pepper Fish Carrot Coins Lima Beans Peach Slices	21 Sloppy Beefy Joes Tri-Color Potatoes Garden Salad Cherry Icee	22
23	24 Meatloaf Mashed Potatoes Capri Mix Veg. Diced Pears	25 Tuna Salad Tomato & Cucumbers Potato Salad Fresh Fruit	26 Baked Lasagna Italian Green Beans Carrot Coins Fresh Fruit	27 BBQ Chicken Sweet Potatoes Buttered Corn Fruit Cocktail	28 Scrambled Eggs Corned Beef Hash Sliced Tomatoes Blueberry Muffin	29
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