



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meals On Wheels ONLY</b>	<b>Meals On Wheels ONLY</b>	<b>Meals On Wheels &amp; Drive Thru</b>	<b>Meals On Wheels &amp; Drive Thru</b>	<b>Meals On Wheels &amp; Drive Thru</b>
<b>6</b> <b>FROZEN</b>  <b>Banana</b> <b>NutriGrain bar</b> <b>(Blueberry)</b>	<b>7</b> BBQ Pulled Pork (P) Baked Beans Succotash Corn Bread Green Salad/Ranch Tangerine	<b>8</b> Chicken Skewer (C ) Herb Couscous Romesco Sauce Hummus Grilled and Chilled Vegetables Cantaloupe Pita	<b>9</b> Sweet Potato & Black Bean Enchilada Spanish Rice Escabeche Roasted Squash Tangerine Tres Leche Cake*	<b>10</b> Herb Baked Fish (F) Tartar Sauce/Lemon Slice Mushy Peas Herbed Brown Rice Cucumber Salad Mixed Berry Crisp
<b>13</b> <b>FROZEN</b>  <b>Applesauce Cup</b> <b>WW Roll/Butter</b>	<b>14</b> Korean Beef Rice Bowl (B) Broccoli Vegetable Spring Roll Asian Slaw Grapes Rice Pudding	<b>15</b> Herb Roasted Chicken (C ) Mashed Potato w/ Gravy Summer Vegetable Blend Chilled Roasted Apples Garlic Roll/Butter Carrot Cake*	<b>16</b> Vegetable Pizza(V) Caesar Salad Fruit Cocktail Tapioca Pudding*	<b>17 HAPPY FATHER'S DAY</b> Hamburger/ Roll (B) Lettuce/Tomato Mayo/Mustard/Ketchup Cheesy Broccoli Blueberry Cobbler
<b>20</b> <b>FROZEN</b>  <b>Pear</b> <b>Graham Cracker</b>	<b>21</b> Shepherds Pie (B) Squash Coleslaw WW Roll/Butter Butterscotch Pudding*	<b>22</b> Chimichurri Chicken Drumstick(C ) Rice Pilaf Stuffed Pepper Spinach Salad w/Egg, Bacon, Onion, Poppy Seed Dressing Grapes Brownie*	<b>23</b> Chef's Choice	<b>24</b> Tuna Melt on Rye (F) Sautéed Kale Cucumber Salad Orange Coffee Cake*
<b>27</b> <b>FROZEN</b>  <b>Apple</b> <b>Banana Bread</b>	<b>28</b> Bratwurst/Roll (P) Peppers, Onions & Mushrooms Ketchup, Mustard, Mayo Potato Salad Kiwi	<b>29</b> Chicken Souvlaki (C ) Roasted Beets & Sweets Quinoa Tabouli Tazaki Watermelon Salad Lemon Bar*	<b>30</b> Tuscan Harvest Soup (B) Roasted Brussels Three Grain Salad Tangerine Flatbread crackers	<b>July 1</b> Oregano Crusted Fish (F) Italian Pasta Salad Broccoli Grapes Chocolate Chip Cookie*
CLOSED  		<b>Meal Site Coordinator</b> <b>Jamie Lacore</b> <b>541-604-5763</b>  <b>1036 NE 5th Street</b> <b>Bend, OR 97701</b>	<b>Menu Subject</b> <b>to</b> <b>Change.</b>	<b>HAPPY</b> <b>FATHER'S</b> <b>DAY</b>  

B = Beef C = Chicken F = Fish P = Pork T = Turkey V = Vegetarian \* = sugar free option available

Copies: MOW/ Drive Thru Clients, Meal Site, Route Books Email: Case Manager, Director of Nutrition, Marketing, Meal Sites Manager, Production, Receptionist