
















June 2009



Meals provided by Common Ground Senior Services Inc.

Meals will not be denied to any eligible person regardless of ability to contribute.

Monday	Tuesday	Wednesday	Thursday	Friday
For reservations Call 223-3630 Jackson: M-F (or Plymouth for Wednesdays only)	SUGGESTED DONATION \$4.00 For guests who are 60 and older	 Guest under 60 must pay \$6.50	Suggested donation for home delivered meals is \$3.50	Minor menu changes without notice 
1 Tuna Casserole Peas & Carrots Green Salad Cornbread Peach Cobbler 	2 Stuffed Chicken Quarters Confetti Rice Spanish Green Beans Spinach Salad WW French Bread Fruit	3  Pulled Pork & Noodles Parslied Carrots Green Salad WW Garlic Bread Chantilly Pineapple	4 Salisbury Steak w/mushroom gravy Potato Casserole Sweet & Sour Red Cabbage Arabian Peach Salad WW Bread Cake	5 Juice Cheese Ravioli Primavera Parmesan Cheese Squash Casserole Caesar Salad Sherbet
8 Parmesan Ham Pasta Winter Mix Vegetables Marinated Tomato Salad WW Garlic bread Tropical Ambrosia	9  Beef Pot Pie California Blend Vegetables Green Salad WW Biscuit Apricot Crisp	10 Swiss Mushroom Chicken Patty Dilled Brussels Sprouts Scalloped Potatoes WW Bread WW Choco Chip Cookie	11 BBQ Pork Riblet Baked Beans Corn & Peppers Spinach Salad Green Chili Muffin Pineapple Crisp 	Birthdag Celebration 12 Juice  Roasted Chicken Potatoes w/gravy Green Bean Casserole Carrot & raisin Salad Wheat roll & margarine Ice Cream & Cake
15 Seafood Alfredo on fettuccine Parmesan Cheese Carrots & peas Caesar Salad WW French Bread Blushing Pears	16 Juice BBQ Chicken Potato Wedges Ranch Vegetables Coleslaw w/ raisins Corn Muffin Rice Pudding	17  Hawaiian Pork Chop Fried Rice Stir-fry vegetables Green Salad WW French Bread Bananas	18 Juice Swiss Steak w/ gravy Mashed potatoes Creamed spinach Marinated Cucumbers & Tomatoes WW Bread Brownie	19 Hot Dog on  a bun Ranch Beans Mixed Vegetable Casserole Coleslaw Melon
22 Aloha Chicken Coconut Rice Stir Fry Vegetables Green Salad w/ carrots Chow Mein Noodles Banana Tarts	23  Spaghetti w/ meat Parmesan Cheese Italian Green Beans Caesar Salad WW Garlic Bread Fruit Delight Cup	24 Meatloaf & gravy Scalloped Potatoes Peas & Onions Sunshine Salad WW Bread Blueberry Crisp 	25 Cashew Chicken Salad Sliced tomatoes Pickled Beets Cheese Crackers Muffin Fruit	26 Cold Deli Plate Ham, Turkey, Cheese tomato, pickle & onion Mac & Veggie Salad WW Dinner Roll Cookie & Fruit
29 Teriyaki Chicken Steamed Rice Broccoli Mixed Greens w/carrots WW Bread/Fortune Cookie Mandarin Orange Jello	30 Bacon Cheeseburger on WW bun Lettuce, Tomato & Pickle Sauteed Onions  Garlic Fries Melon	8 oz. Low fat milk offered at all meals. 	For information on Frozen meals or to start Home Delivered Meals Call 223-3015	