

JUNE 2018	CONWAY SENIOR WELLNESS & ACTIVITY CENTER MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
				1 Bacon Wrapped Pork Filet Baked Potato Chuckwagon Corn Wheat Bread Cookie / Pineapple Delight Skim Milk	
4 Sliced Ham AuGratin Potatoes Buttered Spinach Roll Apple Crisp Skim Milk	5 Roast Beef Mashed Potatoes Green Beans Roll Chocolate Cake Skim Milk	6 Taco Salad w/ sour cream & Lettuce, tomato, taco sauce Ranch Style Beans Brownie Skim Milk	7 Chicken Fried Steak w/Country Gravy Mashed Potatoes Broccoli w/ Cheese Sauce Bread Jello Fruit Dessert Skim Milk	8 Fried Fish French Fries Baked Beans Cornbread Peaches & Cream Dessert Skim Milk	
11 Mexican Chicken Casserole Green Beans Texas Toast Cookie Skim Milk	12 Chicken Salad Sandwich Lettuce & Tomato Potato Salad Pears w/ Cottage Cheese Skim Milk	13 Chef Salad Turkey, Cheese and Tomato Crackers Fruit Cup Cookie Skim Milk	14 Glazed Meat Loaf Mashed Potato Casserole Seasoned Squash Bread Cookie / Vanilla Pudding Skim Milk	15 Lasagna Tossed Salad w/ Dressing Garlic Bread Fruit Fluff Skim Milk	
18 Chicken Tenders Baked Potato Green Beans Jello w/whip topping Skim Milk	19 Hamburger Steak w/ Onion Gravy Diced Potatoes Mixed Vegetables Roll Peach Cobbler Skim Milk	20 Chicken Pot Pie Broccoli Wheat Bread Baked Apple Slices Skim Milk	21 Meatballs with Mushroom Gravy Mashed Potatoes Strawberry Spinach Salad Bread Cookie Skim Milk	22 BBQ Pork / Bun Coleslaw Baked Beans Banana Pudding Skim Milk	
25 Great Northern Beans w/Ham Turnip Greens Oven Fried Potatoes Cornbread Apple Cobbler Skim Milk	26 Spaghetti w/Meat Sauce Italian Vegetables Garlic Bread Mandarin Orange Dessert Skim Milk	27 Fajita Marinated Chicken Sauteed Onion & Peppers Fiesta Rice Flour Tortilla Fruit Cup Skim Milk	28 Tuna Salad Sandwich Chips Cucumber Onion Tomato Salad Strawberry Shortcake Skim Milk	29 9:45 BRUNCH Scrambled Eggs Biscuit & Gravy Sausage Fruit Juice Skim Milk	