



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Open Face Hot Hamburger with Gravy, Roasted Zucchini, Four Way Veggie, Blueberry Bread Pudding	<b>2</b> Kielbasa over Red Beans & Rice, Rutabaga, Diced Carrots, Whole Grain Dinner Roll, Mandarin Oranges *Higher Sodium Meal	<b>3</b> Egg Salad on a Whole Grain Wrap with Lettuce, Carrot Salad, Tomato Salad, Fresh Fruit
<b>6</b> Meatball Sub with Marinara Sauce on a Whole Grain Roll, Diced Carrots, Spinach, Sliced Pears	<b>7</b> American Chop Suey with VT Beef (beef, sauce, whole grain pasta, herbs), Roasted Zucchini, Warm Whole Grain Blueberry Bread	<b>8</b> Chicken Cordon Bleu Glazed Carrots, Roasted Brussel Sprouts, Whole Grain Bread Strawberry Shortcake	<b>9</b> Ham & Spinach Quiche, Roasted Sweet & White Potatoes, Stewed Tomatoes, VT Maple Oatmeal Peach Muffin	<b>10</b> Red Potato Salad, Hardboiled Egg, Pickled Beets, Whole Grain Dinner Roll, Whole Grain Chocolate Chip Cookie, Fresh Banana
<b>13</b> Roasted Hotdog on Whole Grain Bun, Baked Beans, Five Way Veggie, 100% Juice *Higher Sodium Meal	<b>14</b> Sloppy Joe over Sweet Potato, Four Way Veggie, Warm Banana Bread	<b>15</b> BBQ Pulled Pork Sandwich, Sweet Potato Wedges, Fiesta Lime Corn, Coleslaw, Carrot Cake Square *Higher Sodium Meal	<b>16</b> Chicken & Whole Grain Biscuits (chicken, peas, carrots, gravy) Winter Squash with VT Maple, Cinnamon Applesauce	<b>17</b> Turkey Salad with Mixed Greens & Grape Tomatoes, Citrus Couscous with Mandarin Oranges, Three Bean Salad, Whole Grain Dinner Roll
<b>20</b> Cheeseburger on Whole Grain Bun, Baked Potato Wedges, Green Beans, Dried Fruit *Higher Sodium Meal	<b>21</b> Chicken Enchilada (chicken, whole grain tortilla, salsa, cheese) Black Beans & Rice, Spiced Peaches	<b>22</b> Shepherds Pie with VT Beef, Peas, Warm Corn Bread, Happy Birthday Pineapple Upside Down Cake	<b>23</b> Whole Grain Spaghetti with Garden Marinara, Italian Style Beans, Steamed Broccoli, Tropical Fruit Salad	<b>24</b> Gazpacho Soup (tomato, cucumber, pepper), Confetti Lentil Salad, Cottage Cheese, Whole Grain Oatmeal Raisin Round
<b>27</b> Baked Cod with Lemon Parsley Couscous, Diced Carrots, Tuscan Blend Veggies, Whole Grain Bread, Applesauce Cups	<b>28</b> Three Cheese Tomato Ziti Bake, Steamed Broccoli, Warm Zucchini Bread *Higher Sodium Meal	<b>29</b> Meatloaf with VT Beef, Mashed Potatoes and Gravy, Roasted Vegetables, Whole Grain Dinner Rolls, Key Lime Pie Bar	<b>30</b> Italian Pork Chop (tomato, peppers, garlic) over Whole Grain Pasta, Five Way Veggies, Corn, Mandarin Oranges	

**A friendly reminder that we cannot leave your meal in a cooler.**

**If you will not be home to receive your meal, please call MOW to make other arrangements. 802-888-5011 ext. 0**

**\*Menu Subject to Change**

Meals on Wheels of Lamoille County Supports the Americans with Disabilities Act. If you feel you have been discriminated against in the nutrition program, please call the **Council on Aging 1-800-642-5119**

**Please join us at our meal site for this fund event. RCT will provide transportation, but you must call them in advance.**

**Free  
Event!**

## **Creative Aging Celebration**

**Wednesday, June 8th  
Lunch at 11 AM  
followed by art show**

**Contact Nicole  
at 802-888-5011  
for reservations**

***Meals on Wheels of  
Lamoille County***



**Reservations  
Required**

**Special congregant meal  
featuring artwork by  
older artists and creative  
aging activities**

**CVCOA Senior Helpline 1-800-642-5119:** Central Vermont Council on Aging Information and Assistance Specialists are available Monday-Friday to answer your questions about Aging Services, Housing, Transportation, Medicare, 3 Squares, Fuel Assistance, and more.