

JUNE MENU

For next day reservations (lunch is served at 11:30 am), call [480-962-5612](tel:480-962-5612) (Mesa Downtown) or [480-218-2221](tel:480-218-2221) (Red Mt).

Items with ** contain pork or pork products. Menu items subject to change due to availability.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



5

Sesame Chicken with Mixed Veggies, Winter Blend Vegetables, a Whole Grain Roll, and a Tropical Fruit Cup

6

Tortilla Crusted Tilapia with Mexican Brown Rice, Green Zucchini Squash, Normandy Blend Veggies, and a Cinnamon Apple

7

Beef Taco w/ Cheese in a Whole Grain Tortillas with Refried Beans, Stewed Tomatoes, and Mixed Berries

8

Pork Stir Fry** on Brown Rice with Asian Blend Vegetables, Snap Peas, and Grapes

9

Chicken Salad Sandwich with Lettuce and Tomato on Whole Wheat Bread, with Carrot Sticks & Apple Sauce

12

Steak Diane with Spinach, Roasted Potatoes, a Whole Grain Roll, and a Mandarin Orange

13

Herbed Pork Chop**, with Broccoli, Carrots, a Whole Wheat Breadstick, Fruit Cocktail and a Cookie

14

Chicken Broccoli w/ Cheese, Asparagus, Cauliflower, a Whole Grain Roll, and Strawberries

15

Beef Tips on Whole Wheat Egg Noodles, with Succotash, Peas & Carrots, and a Granny Smith Apple

16

Shrimp Scampi with Chuckwagon Corn, Green Beans, a Whole Grain Roll, and Red Grapes

19

Open-Faced Roast Beef with Gravy on Wheat Bread, Peas and Pearl Onions, Mashed Potatoes, and Apricots

20

Chicken Caesar Salad, with Celery & Carrot Sticks, a Whole Wheat Breadstick, and Strawberries

21

Salisbury Steak with Gravy on a bed of Whole Wheat Egg Noodles, Corn, Capri Blend Vegetables, and Pineapple

22

Herbed Chicken Breast with Grilled Vegetables, Carrot Coins, a Whole Wheat Roll, and a Banana

23

Honey Glazed Pork Loin** with Oven Brown Potatoes, Baked Beans, a Whole Grain Roll, Peaches, & Birthday Cake

26

Beef Stew with Cauliflower, Green Beans, a Whole Wheat Roll, and Apple Slices

27

Pulled Pork** with Roasted Red Potatoes, Spinach, a Whole Grain Roll and a Peach Crisp

28

Chicken Stir Fry over Brown Rice, with Cauliflower, Baby Carrots, and Mandarin Oranges

29

Shrimp Alfredo on Whole Wheat Linguini, with Italian Veggies, Brussel Sprouts, and a Fresh Pear

30

Teriyaki Beef on a bed of Brown Rice with Corn, Edamame, and a Tropical Fruit Cup