

# Oconee County Senior Center

3500B Hog Mountain Road  
 Watkinsville, Georgia 30677  
 706.769.3979

# June 2018

**Lunch Served Daily At 12pm**  
**Monday – Friday**  
 Menu changes may occur without prior notice.

Monday	Tuesday	Wednesday	Thursday	Friday
		<i>Alternate Entrée: Turkey/Cheese Sandwich on Whole Wheat Bread. Please make your lunch reservations and requests for the Alternate Entrée two (2) days in advance. Use the <u>Pink Tickets</u> located at the donation box near the kitchen window to place you order for the Alternate Entrée.</i>		<b>1 <u>8 oz. Turkey Chili</u></b> 4 oz. Brown Rice 4 oz. Steamed Northern Veggies. 4 Whole Wheat Crackers 4 oz. Sliced Peaches Milk/Milk Substitute
<b>4 <u>3 oz. BBQ Chicken Thigh</u></b> 4 oz. Turnip Greens 4 oz. Black Eyed Peas Cornbread Muffin/Margarine 4 oz. Sliced Pears Milk/Milk Substitute	<b>5 <u>3 oz. Sliced Meatloaf</u></b> 2 oz. Dinner Roll/Margarine 4 oz. Mashed Potatoes 4 oz. Citrus Honeyed Carrots 4 oz. Mixed Fruit Milk/Milk Substitute	<b>6 <u>Taco Salad w/Mixed Greens</u></b> 2 oz. Spiced Turkey Meat Baked Corn Tortilla Chips 4 oz. Black Bean Corn Relish 1 oz. Cheese/Lt. Sour Cream Fresh Banana Milk/Milk Substitute	<b>7 <u>3 oz. Lemon Pepper Chicken</u></b> 4 oz. Wild Rice Blend 4 oz. Steamed California Veggies. 4 oz. Unsweetened Applesauce 1 pkg. Graham Crackers Milk/Milk Substitute	<b>8 <u>3 oz. Baked Fish Sandwich</u></b> Whole Wheat Bun 4 oz. Seasoned Potato Wedges 4 oz. Coleslaw 4 oz. Peaches Milk/Milk Substitute
<b>11 <u>8 oz. Beef Stew</u></b> w/Carrots & Potatoes 4 oz. English Peas 2 oz. Dinner Roll/Margarine 4 oz. Pineapple Tidbits Milk/Milk Substitute	<b>12 <u>4 oz. Chicken Enchiladas</u></b> Shredded Lettuce Chopped Tomato 4 oz. Spanish Rice 4 oz. F/Free Refried Beans Melon Slices Milk/Milk Substitute	<b>13 <u>6 oz. Pinto Beans w/Ham</u></b> 4 oz. Collard Greens 1 Cornbread Muffin Margarine 4 oz. Mixed Fruit Salad Milk/Milk Substitute	<b>14 <u>3 oz. Herb Baked Chicken</u></b> 4 oz. Stuffing 4 oz. Parslied Carrots 4 oz. Steamed Spinach 4 oz. Mixed Fruit Salad Milk/Milk Substitute	<b>15 <u>3 oz. Beef Hot Dog</u></b> Whole Wheat Bun 4 oz. Baked Beans 4 oz. Cole Slaw 4 oz. Apple Salad Milk/Milk Substitute
<b>18 <u>**Father's Day Lunch**</u></b> Fried Chicken Green Beans Potato Salad Dessert Milk/Milk Substitute	<b>19 <u>Mixed Green Cobb Salad w/Tomato, Cabbage, &amp; Carrots</u></b> 2 oz. L/S Ham & Turkey/½ Boiled Egg 1 oz. Lite Salad Dressing 2 pkgs. Crackers 4 oz. Pineapple Tidbits Milk/Milk Substitute	<b>20 <u>3 oz. Hamburger on Bun</u></b> Lettuce, Tomato, & Onion 4 oz. Marinated Bean Salad 4 oz. Sweet Potato Fries Banana Milk/Milk Substitute	<b>21 <u>3 oz. Marinated Beef Stir Fry</u></b> 6 oz. Mixed Asian Vegetables 4 oz. Brown Rice 4 oz. Mandarin Oranges 1 pkg. Vanilla Wafers Milk/Milk Substitute	<b>22 <u>3 oz. Pulled Pork Sandwich</u></b> Whole Wheat Bun 4 oz. Marinated Broccoli Salad 4 oz. Baked Beans Fresh Banana Milk/Milk Substitute
<b>25 <u>4 oz. Salisbury Steak w/Mushroom Gravy</u></b> 4 oz. Garlic Mashed Potatoes 4 oz. Turnip Greens 4 oz. Sliced Peaches 1 pkg. Graham Crackers Milk/Milk Substitute	<b>26 <u>10oz. Italian White Bean Soup</u></b> Garlic Bread Tossed Mixed Green Salad Banana Milk/Milk Substitute	<b>27 <u>4oz. Baked Chicken Fingers</u></b> 4 oz. Baked Crinkle Fries 4 oz. Steamed California Veg. 4 oz. Greek Yogurt Parfait w/Mixed Berries and Granola	<b>28 <u>4 oz. Brown Sugar Ham</u></b> 4 oz. Baked Sweet Potatoes 4 oz. Turnip Greens 4 oz. Fresh Fruit Salad Milk/Milk Substitute	<b>29 <u>8 oz. Italian Pasta Casserole w/Beef and Cheese</u></b> 4 oz. Italian Mixed Vegetables Mixed Green/Spinach Salad 1 oz. Lite Italian Salad Dressing 4 oz. Mandarin Oranges Milk/Milk Substitute