

## WOCOA Master Menu for June 2017

| <b>Mon, Jun 5, 17</b>         | <b>Tue, Jun 6, 17</b>                    | <b>Wed, Jun 7, 17</b>          | <b>Thu, Jun 8, 17</b>            | <b>Fri, Jun 9, 17</b>               |
|-------------------------------|--|--------------------------------|----------------------------------|-------------------------------------|
| Baked Chicken                 | Hamburger Steak<br>w/Peppers &<br>Onions | Spaghetti & Meat<br>Sauce      | Roasted Beef<br>and Gravy        | Tuna Salad                          |
| White Acre Peas               | Turnip Greens                            | Noodles                        | Roasted<br>Potatoes              | Broccoli Salad                      |
| Stewed Squash                 | Okra & Tomatoes                          | Toss Salad<br>w/Dressing       | Cut Green Beans                  | Lettuce & Tomato &<br>Mayonnaise    |
| WW Bread/<br>margarine        | Cornbread w/<br>margarine                | Garlic Bread or<br>Sticks      | WW Roll w<br>margarine           | WW Bread x 2                        |
| Fruited Gelatin               | Fruited Yogurt                           | Spiced Apples                  | Fresh Fruit                      | Fresh Fruit                         |
| Milk                          | Milk                                     | Milk                           | Milk                             | Milk                                |
| <b>Mon, Jun 12, 17</b>        | <b>Tue, Jun 13, 17</b>                   | <b>Wed, Jun 14, 17</b>         | <b>Thu, Jun 15, 17</b>           | <b>Fri, Jun 16, 17</b>              |
| Turkey w/Gravy<br>Pinto Beans | Chili with Beans<br>WK Corn              | Chicken-N-<br>Noodles          | Pork Chop<br>Sweet Potatoes      | Hamburger<br>Baked Beans            |
| Cabbage                       | Toss Salad<br>w/dressing                 | Stewed Tomatoes                | Greens                           | Lettuce & Tomato<br>Ket/Must/Relish |
| WW Bread/<br>margarine        | Cornbread                                | Yogurt                         | Cornbread<br>w/margarine         | WW Bun                              |
| Banana Pudding                | Fruit Cobbler                            | Milk                           | Fresh Fruit                      | Fruit Crisp                         |
| Milk                          | Milk                                     |                                | Milk                             | Milk                                |
| <b>Mon, Jun 19, 17</b>        | <b>Tue, Jun 20, 17</b>                   | <b>Wed, Jun 21, 17</b>         | <b>Thu, Jun 22, 17</b>           | <b>Fri, Jun 23, 17</b>              |
| w/Tomato<br>Sauce             | Baked Chicken<br>Baked Sweet             | Salisbury Steak                | Chicken Salad                    | BBQ Shredded Pork                   |
| Lima Beans                    | Potatoes                                 | Pinto Beans                    | Potato Salad                     | Baked Beans                         |
| Steamed Cabbage               | Brussel Sprouts                          | Broccoli/Cheese                | Lettuce & Tomato<br>& Mayonnaise | Cole Slaw                           |
| WW Roll                       | WW Roll                                  | WW Roll                        | WW Bread (2<br>slices)           | WW Bun                              |
| Fresh Fruit                   | w/margarine<br>Fresh Fruit               | w/margarine<br>Fruited Gelatin | Oatmeal Cookie                   | Fruit Cobbler                       |
| Milk                          | Milk                                     | Milk                           | Milk                             | Milk                                |
| <b>Mon, Jun 26, 17</b>        | <b>Tue, Jun 27, 17</b>                   | <b>Wed, Jun 28, 17</b>         | <b>Thu, Jun 29, 17</b>           | <b>Fri, Jun 30, 17</b>              |

Sheet1

|                            |                                       |                                 |                                    |                        |
|----------------------------|---------------------------------------|---------------------------------|------------------------------------|------------------------|
| Salisbury Steak with Gravy | Pork Patty w/Onions & Gravy & peppers | Baked Chicken w/ mushroom Gravy | Ground Beef & Macaroni W/ Tomatoes | Hot Dog                |
| Mashed Potatoes w/gravy    | Lima Beans Toss Salad                 | Black-eyed Peas                 | Sweet Peas Seasoned Baby Carrots   | Baked Beans            |
| Green Beans                | w/dressing                            | Broccoli WW Roll w margarine    | Oatmeal Raisin Cookie              | Baked Beans            |
| WW Bread                   | WW Roll                               | Mixed Fruit                     | Milk                               | WW Bun                 |
| Fresh Fruit                | Fruit Cobbler                         | Milk                            |                                    | Cobbler                |
| Milk                       | Milk                                  |                                 |                                    | Milk                   |
|                            |                                       |                                 |                                    | Ketchup/Mustard/Relish |