

WOCOA Menu for Jun 2018

1-Jun

Chicken Salad
Vegetable Soup
Cucumber & Tomato
Salad
Fruit
WW Bread x 2
Milk

4-Jun

Oven Baked Chicken
Black-eyed Peas
Steamed Cabbage
Fresh Fruit
WW Cornbread

Margarine
Milk

5-Jun

Stew Beef with Red
Peppers & Onions
Mashed Potatoes
Zucchini & Squash
Banana Pudding
WW Roll

Margarine
Milk

6-Jun

Baked Pork Chop
Cream & WK Corn
Greens
Brownie
WW Cornbread

Margarine
Milk

7-Jun

Roast Beef Au Jus
Scalloped Potatoes
Italian Green Beans
Tropical Fruit Cup
WW Roll

Margarine
Milk

8-Jun

Hamburger
Tater Tots
Lettuce & Tomato
Apple Dumpling
WW Bun
Mayonnaise, Mustard,
Ketchup
Milk

11-Jun

Smoked Sausage with
Peppers & Onions
Cheese Grits
Okra & Tomatoes
Pineapple & Peaches
WW Bun
Mustard
Milk

12-Jun

Roast Turkey
Field Peas w/Beans
Steamed Broccoli
Animal Crackers
WW Roll
Margarine
Milk

13-Jun

BBQ Pork Chop
Macaroni & Cheese
California Blend
Mandarin Oranges
WW Roll
Margarine
Milk

14-Jun

Meat Sauce
Spaghetti Noodles
Caesar Salad
Peach Cobbler
WW Garlic Roll
Milk

15-Jun

Chicken Chopped
BBQ Sandwich
Roasted Potatoes
Carrot & Raisin Salad
Baked Apple
WW Bun
Milk

18-Jun

Roast Pork
Sweet Potatoes

Rutabagas
Cookie
WW Roll
Margarine
Milk

19-Jun

Chicken & Dumplings
Peas & Carrots

Succotash
Pound Cake
Milk

20-Jun

Salisbury Steak
Mashed Potatoes

Lima Beans
Fresh Fruit
WW Roll
Margarine
Milk

21-Jun

Roast Beef Au Jus
Yellow Rice
Spinach Salad w
Dressing
Berry Crisp
WW Roll
Milk

22-Jun

Baked Fish w/Lemon
Baked Beans

Cole Slaw
Fruit Cobbler
WW Roll
Tartar Sauce
Milk

25-Jun

Hamburger Steak with F
Chicken Tetrazzini

Steamed Rice w/Gravy
Steamed Carrots
Jell-O® with Fruit
WW Roll
Margarine
Milk

26-Jun

Green Beans
Garden Salad w
dressing
Cherry Crisp
WW Roll
Milk

27-Jun

BBQ Pulled Pork

Baked Beans
Cole Slaw
Hot Spiced Apples
WW Bun
BBQ Sauce
Milk

28-Jun

Meat Loaf with Red
Sauce

Mashed Potatoes
w/Gravy
Green Beans
Yogurt with Fruit
WW Roll
Margarine
Milk

29-Jun

Chicken Salad

Vegetable Soup
Cucumber & Tomato
Salad
Fruit
WW Bread x 2
Milk