

**JUNE MENU**

**GLADSTONE SENIOR CENTER**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

Menu is for all our senior centers. Call your senior center with questions/comments.



**1**  
Turkey Cranberry Wrap  
Creamy Vegetable Soup  
Carrot Raisin Salad  
Fresh Apple

**4**  
Potato-Crusted Pollock  
Twice-Baked Potatoes  
California Blend Veggies  
Diced Pears

**5**  
Spaghetti w/Meat Sauce  
Caesar Salad  
Garlic Bread  
Fresh Melon

**6**  
Sweet and Sour Pork  
Oriental Coleslaw  
Chinese Veggies,  
Mandarin Oranges

**7**  
Beef Steak (or Liver &  
Onions)  
Mashed Potatoes with  
Gravy  
Green Beans  
Cranberry Jell-O

**8**  
Pulled-Pork Sandwich  
Oven Potatoes  
Three-Bean Salad  
Grape Salad

**11**  
Tasty Hamburger  
Casserole  
Cook's Choice Vegetable  
Chunky Applesauce

**12**  
Fish Sandwich on a Bun  
Oven Potatoes  
Mixed Veggies  
Tropical Fruit

**13**  
Roast Beef  
Mashed Potatoes and  
Gravy; Glazed Carrots  
Strawberry Shortcake

**14**  
Pasty  
Coleslaw  
Fruited Jell-O

**15**  
Deluxe Chef Salad  
Breadstick  
Fresh Fruit  
Jumbo Cookie

**18**  
Tator Tot Casserole  
Garden Salad  
Plums

**19**  
Chicken Breast  
Sour Cream & Chive  
Potatoes; Spinach  
Peaches

**20**  
Ham Roll-Ups  
Scalloped Potatoes  
Peas  
Pineapple Tidbits

**21**  
Cheeseburger on Bun  
Diced Potatoes  
Fresh Vegetables  
Citrus Pie Square

**22**  
Beef & Bean Enchilada  
(with Tomato, Lettuce,  
Olives on side)  
Spanish Rice  
Escalloped Apples

**25**  
Cheesy Penne Chicken  
Casserole  
Monte Carlo Veggies  
Tossed Salad  
Apricots

**26**  
Bratwurst on a Bun  
Potato Salad  
Corn on the Cob  
Watermelon

**27**  
Baked Chicken  
Philly Cheese Potatoes  
Peas and Carrots  
Fresh Fruit

**28**  
Stacked Turkey &  
Cheese Sandwich  
Tomato Basil Soup  
Mango Coleslaw  
Fruit

**29**  
Swedish Meatballs over  
Noodles  
Beets; Green Beans  
Pineapple Upside  
Down Cake

[HOW DO I GET TO THE SENIOR CENTER?](#)      [EMAIL THE CENTER](#)

**WEEKLY ACTIVITIES: GLADSTONE 428-2201**

Every Monday, Sit N Be Fit, 10-10:45 a.m. Cribbage, noon. Hand & Foot, noon. Painting, 12:30 p.m.  
 Every Tuesday, Card making 12:30 p.m. 500 cards, 12:30 p.m. Evening bingo, 6:45 p.m.  
 Every Wednesday, Sit N Be Fit, 10-10:45 a.m. Pinochle, 12:30 p.m.  
 Every Thursday, Tai Chi, 10-10:45 a.m. Hand & Foot, 12:30 p.m. Bingo, 1 p.m.  
 Every Friday, Line Dancing (beginners), 9:30- 10 a.m. Line Dancing (anyone), 10-11 a.m.

**OTHER ACTIVITIES:**

Fraud Education, June 5, 10-11 a.m. TEFAP Food Distribution, June 8, 8:30 a.m. to noon. Father's Day Lunch, June 13, 11:30 a.m. (call 428-2201 at least one day prior to reserve a seat). Movie Day ("The Great Outdoors"), June 15, 12:30 p.m. Craft Project, June 18, 1-3 p.m. Foot Clinic, June 20, (by appointment only, call 428-2201). Birthday/4th of July Lunch, June 26, 11:30 a.m. (call 428-2201 at least one day prior to reserve a seat).