

June 2026 - Menu

Potter County Human Services - Area Agency on Aging

Menu Subject to Change - Suggested Donation \$4.25

8oz of 1% Milk and 1 tsp. margarine is Served with all Meals

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| 1 3oz Salisbury Steak 2oz Gravy 1/2c Mashed Potatoes 1/2c Carrots 1 Whole Grain Roll 2oz Yogurt w/2oz Strawberries | 2 1c. Italian Wedding Soup 2oz Sliced Turkey 1oz Cheddar Cheese 1 Sandwich Roll 1 pkg Crackers 1/2c Mixed Fruit | 3 Spaghetti & Meatballs (4) 3/4c Spaghetti w/2oz Spaghetti Sauce 1/2c Broccoli Salad 1 Garlic Breadstick 1 Orange | 4 Chicken & Biscuits 6oz Chicken Mixture w/Peas & Carrots 1 Biscuit 1/2c Broccoli 1/2c Pears | 5 3oz Breaded Tempura Chicken 2oz Sweet & Sour Sauce 1/2c Rice Pilaf 1/2c Mixed Vegetables 1/2c Cottage Cheese w/Cherry topping |
| 8 3oz BBQ Chicken Leg 1/2c Pasta Salad 1/2c California Vegetable Blend 1/2c Vanilla Pudding 1 Breadstick | 9 3oz Meatloaf w/2oz Gravy 4 Baby Baked Potatoes 1/2c Brussel Spouts 1/2c Mandarin Oranges 1 Dinner Roll | 10 3oz Slice Baked Ham 1 Baked Sweet Potato 1oz Brown Sugar 1/2c Corn 1/2c Applesauce 1 Rye Bread | 11 3 Swedish Meatballs 2oz Gravy over 1/2c Egg Noodles 1/2c Carrots 1 Whole Wheat Bread 1/2c Fruited Jello | 12 3oz Chicken Salad 2 Slices Wheat Bread 1 leaf of Lettuce & 1 slice Tomato 1/2c Crinkle Cut Fries 1 Banana |
| 15 4oz Stuffed Chicken Breast 1/2c Mashed Potatoes 2oz Gravy 1/2c Mixed Vegetables 1/2c Peaches | 16 3 Cheese Ravioli's 3oz Maranara Meat Sauce 1/2c Green Beans 1 Whole Grain Roll 1/2c Cantaloupe | 17 1 Cup Beef Chili 1 Tbsp Cheddar Cheese 1 Corn Bread Muffin 1/2c Corn 1/2c Applesauce | 18 3oz Egg Omelet w/Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin 4oz Apple Juice 1 Tbsp Jelly | 19 3oz BBQ Pulled Pork 1 Hamburger Bun 1/2c Coleslaw 1/2c Baked Beans 1/2c Pudding |
| 22 1c Creamy Vegetable Lasagna 1c Tossed salad w/shredded carrots 1 Hard Boiled Egg 1 Garlic Breadstick 1/2c Mixed Fruit | 23 3oz Roasted Pork 1/2c Mashed Potatoes 2oz Gravy 1/2c Broccoli 1 Biscuit w/ 1Tbsp Apple Butter 1/2c Apricots | 24 4oz Stuffed Cabbage 2oz Spaghetti Sauce 1/2c Mashed Potatoes 1/2c Green Beans 1/2c Cottage Cheese w/Fruit 1 Dinner Roll | 25 Open Face Hot Turkey Sandwich 3oz Turkey w/2oz Gravy 1/2c Mashed Potatoes 1/2c Carrots 1 Slice Whole Grain Bread 1/2c Watermelon | 26 3oz Chicken Cordon Bleu 1/2c Mashed Sweet Potatoes 1/2c Corn 1/2c Mandarin Oranges 1 Slice Wheat Bread |
| 29 4oz Stuffed Pepper 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1/2c Strawberry Yogurt 1 Dinner Roll | 30 3oz Potato Crusted White Fish 1/2c Steak Fries 1/2c Coined Carrots 1/2c Mixed Fruit 1 Garlic Breadstick | <p><u>SENIOR CENTER PHONE NUMBERS</u> Coudersport - 814-274-7887 Galeton - 814-433-2390 Oswayo Valley - 814-697-7178 Ulysses - 814-848-9880</p> | | |

*Tossed salads come w/dressing