

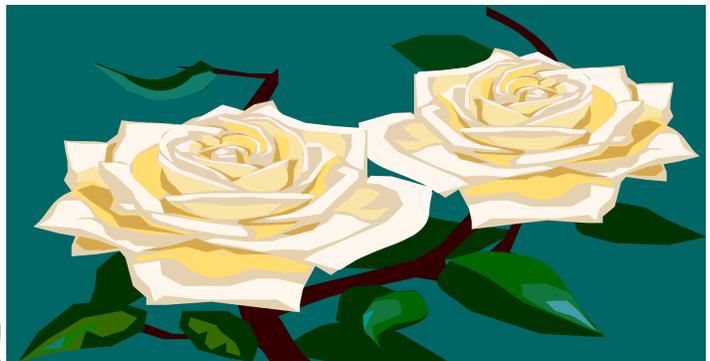
Cowlitz Senior Nutrition and Activities

Meals are served in Toledo Monday, Wednesday, Thursday and Friday. And Wednesday in Longview.

MONTH of JUNE 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Sausage, Bacon, Pancakes and Eggs, Fruit	3 No Lunch Served	4 Cheese Burger and Fries, Coleslaw Fruit	5 Chef Salad Whole grain roll, fruit	6 Baked Potato Bar, Green salad, Fruit	7
8	9 Chicken Strips Rice Pilaf Steamed Broccoli Pudding, fruit	10 No Lunch Served	11 Turkey Club on Whole Grain Hoagie, Pasta Salad Fruit	12 Hungarian Goulash, Whole wheat roll, Fruit	13 Meatloaf, Mashed Potato, Gravy, Baby Carrots, Fruit	14
15	16 Combo Pizza or Cheese pizza, Green Salad, Fruit	17 No Lunch Served	18 Spaghetti in Meat Sauce, Garlic Bread, Green Salad Fruit	19 Chicken Fried Steak, Baby Reds, Biscuit, Fruit	20 Chicken Stir Fry with Brown Rice, Steamed Veggies	21
22	23 Beef Barley Soup, Indian Fry Bread Green Salad Fruit	24 No Lunch Served	25 Teriyaki Chicken with Rice and vegetable, Fruit	26 Chicken Alfredo with Broccoli, Bread Stick, Spinach Salad	27 Indian Taco Bar, Fresh Veggies and Fruit	28
29	30 Biscuits and Gravy, Hash browns and Eggs, Fruit	31 No Lunch Served				

Activities Calendar Coming Soon
Please contact Deb 360.864.7006
Or Jennifer 360.864.7003
With, any questions or concerns



Please join us for lunch!!!