

Cowlitz Senior Nutrition and Activities

Meals are served in Toledo Monday thru Friday. And Tuesday in Longview @ Noon!!

MONTH of JUNE 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Chicken Salad, Fruit, Jell-O	2 General Council
3 Salmon Ceremony	4 Chicken Caesar Wrap, Vegies & Dip, Fruit	5 Seafood Salad, Fruit,	6 Chef Salad, Wheat Crackers, Fruit	7 Cheesy Broccoli Soup, Salad, Fruit	8 Baked Potato Bar, Fruit	9
10	11 Tuna on Whole Wheat, Tomato Cucumber Salad, Fruit	12 BBQ Chicken, Potato salad, fruit	13 Tater tot casserole, Spinach, Fruit	14 Spicy Chicken Burger, Fries, Fruit	15 Trip to Chinook Leaving @ 9am	16
17 Happy Fathers Day!!!!	18 French Dip & French Fries, Salad Bar, Fruit	19 French Dip & Salad Bar, Fruit	20 Lemon Chicken, Brown Rice, Vegies, Fruit Ambrosia	21 Chicken Noodle Soup, Bread, Fruit	22 Kitchen Closed	23
24	25 Tomato Basil Soup, Grilled Cheese, Fruit	26 Chicken Caesar Salad, Fruit,	27 Grilled turkey bacon cheese and tomato sandwich, Salad, Fruit	28 Beef Taco, Beans, Fruit	29 Cheese Burger, Potato salad, Baked beans, Fruit	

Please contact Deb 360.864.7006
360.864.7003

With, any questions or concerns/milk, Juice and bread by request



Please join us for lunch!!!