

June 2022 Menu Friedman JCC

Wednesday, June 1, Bar-B-Q Chicken, Potato Salad, Corn on Cob, Fruit

Thursday, June 2, 2 Slices of Pizza, Salad with Dressing, Fruit

Friday June 3, Egg Salad Sandwich, Rye Bread, Lettuce, Sliced Tomato, Potato Salad, Fruit

Monday, June 6 No Lunch Shavuot

Tuesday, June 7 3 Blintzes with Fruit Topping, Sour Cream, Carrots, Fruit

Wednesday, June 8 Roasted Chicken, Potato Pancakes, String Beans, Applesauce, Fruit

Thursday, June 9 Hamburger on a Bun, Lettuce Tomato, Rice Pilaf, Peas and Carrots, Fruit

Friday, June 10 Tuna Salad Sandwich, Rye Bread, Tomato and Lettuce, Chips, Fruit

Monday, June 13 Cheese and Vegetable Lasagna, Green Beans, Fruit

Tuesday, June 14 Penne Bolognese, Peas and Carrots, Fruit

Wednesday, June 15 6 BBQ Chicken, Baked Potato, Zucchini, Cole Slaw Fruit

Thursday, June 16 Fresh Baked Tilapia, Yellow Rice, Sugar Snap Peas, Fruit

Friday, June 17, Egg Salad on a Roll, Lettuce, Tomato, Potato Chips, Fruit

Monday, June 20 Pasta Primavera, Salad with Lettuce and Tomato, Dressing, Fruit

Tuesday, June 21 Meat Loaf, Mashed Potatoes, Gravy, Mixed Vegetables, Fruit

Wednesday, June 22, Lemon Chicken, Baked Sweet Potato, Israeli Salad, Fruit

Thursday, June 23 Eggplant Parmesan, Pasta with Sauce Tomato and Cucumber Salad

 Friday June 24, Scoop of Tuna Fish Salad on Bed of Lettuce, Tomato and Cucumber, Dressing, Crackers, Chips, Fruit

Monday, June 27 Baked Ziti with Cheese and Sauce, Lettuce and Tomato Salad, Dressing, Fruit

Tuesday June 28 Men’s Club Installation of Officers Chef Salad, Chicken, Lettuce, Tomato, Cucumber, Carrots, Hard Boiled Egg. Dressing, Special Dessert

Wednesday, June 29 Roasted Chicken, Potato Croquette, Peas and Carrots, Fruit

Thursday June 30, Plain Bagel, Cream Cheese, Lox, Lettuce, Tomato, Chips, and Fruit