

June 2018



Tranquillity at Fredericktowne

		•	•			
27	28	29	30	31	Jun 1 Green Salad Tilapia/Savory Herb Butter Pepper Smothered Steak Or Garlic Mashed Potatoes Green Beans Baked Roll Soft Oatmeal Raisin Cookie	Green Salad Beef Rigatoni Bake Marinated Turkey or Fresh Cooked Zucchini Crusty Garlic Bread Cinnamon Coffee Cake
Green Salad Honey Glazed Ham Grilled Tri Tip or Fresh Cooked Yams Seasoned Cabbage Baked Roll Apple Pie Ala Mode	Green Salad Oven Fried Chicken Baked Cod Fillet or Ranch Mashed Potatoes Mixed Vegetables Fresh Biscuits Lemon Cookie	Green Salad Baked Meatballs/Gravy Turkey Cutlet/Tarragon Sauce Or Parsley Egg Noodles Seasoned Cauliflower Baked Roll Chocolate Marshmallow Cake	Green Salad Pineapple Pork Chops Eggplant Parmesan or Savory Rice Peas and Pearl Onions Pan Breadsticks Mixed Berry Crisp	Green Salad Salisbury Steak/Gravy Grilled Chicken/Cucumber Melon Sauce Or Red Potatoes Roasted Carrots Baked Roll Southern Style Bread Pudding	Green Salad Baby Back Pork Ribs Battered Fried Fish or Brown Rice Sweet Slaw Fresh Cornbread Ice Cream	Green Salad Turkey Breast/Lemon Thyme Sauce Beef Cubes/Sauce Or Fresh Mashed Potatoes/Gravy Cream Peas Baked Roll Apple Cobbler
Green Salad Pot Roast of Beef Lemon Pepper Salmon Or Red Skin Mash Oven Roasted Broccoli Fresh Coconut Cream Pie	Green Salad Veal Piccata BBQ Chicken Breast Or Beans, Corn and Rice Green Beans/Bacon Fresh Biscuits Peach Crisp	Green Salad Sweet Pear Pork Chop Beef Tips Or Smashed Sweet Potatoes Spinach with Almonds Baked Roll Banana Sheet Cake	Green Salad Sour Cream Beef Patty Turkey Cutlets/Pan Gravy Or Baked Potato Mixed Vegetables Baked Roll Hershey's Kiss PB Cookie	Green Salad Melt In Your Mouth Chicken Pork/Apricot Glaze Or Cream and Cheese Potatoes Corn on the Cob Baked Roll Blueberry-Lemon Parfait	Green Salad Tropical Tilapia Ham/Pineapple Sauce Or Delicious Rice Chef's Steamed Vegetable Baked Roll Citrus Cake	Green Salad Brown Sugar Meatloaf Turkey Cutlet/Cheese Sauce Or Mashed Potato Casserole Green Beans Baked Roll Cherry Crisp
Green Salad Sour Cream Chicken Corned Beef and Cabbage Or M'Potatoes/Chix Gravy Corn Baked Roll Apple Cobbler	Green Salad Roast Pork/Ginger Glaze Baked Salisbury Steak Or Lemon Rice Steamed Broccoli Baked Roll Homemade Carrot Cake	Green Salad Spaghetti/Marinara Meat Sauce Cajun Catfish Or Green Beans Italian Mozzarella Garlic Bread Snickerdoodle Brownie	Green Salad Homestyle Turkey/Gravy Bacon Cheddar Pork Chops Or Cranberry Sage Dressing Baked Seasoned Squash Baked Roll Pear Cobbler	Green Salad Classic Baked Ham Braised Balsamic Chicken Or Scalloped Potatoes Chef's Steamed Vegetable Baked Roll Soft Brown Sugar Cookie	Green Salad Teriyaki Meatballs Cod/Tomato Cream Sauce Or Parsley Rice Glazed Baby Carrots Baked Roll Honey Bun Cake	Green Salad Lemon Grilled Chicken Veal Parmesan Or Herb Roasted Red Potatoes Grilled Asparagus Baked Roll Vanilla Pudding
Green Salad Marinated Pork Roast Roast Beef au Jus or Roasted Yams Mixed Vegetables Baked Roll Fruit Cocktail Bars	Green Salad Country Fried Steak/Gravy Turkey Roast/Zesty Rub Or Fresh Mashed Potatoes Roasted Cauliflower Baked Roll Chocolate Sour Cream Cake	Green Salad Chicken/Pineapple Mango Salsa Kielbasa/Peppers Or Rice Pilaf Corn O'Brien Baked Roll Apple Cobbler	Green Salad Pan Seared Cod Glazed Baked Ham or Roasted Red Potatoes Lemon Pepper Green Beans Baked Roll Key Lime Pie	Green Salad Beef Patty/Mushroom Sauce Lemon Oregano Turkey or Boiled Potatoes Beets Baked Roll Chocolate Lush	Green Salad Dressed Up Chicken Baked Dijon Salmon Or Seasoned Rice Capri Blend Baked Roll Pineapple Upside Down Cake	Green Salad Luau Pork Teriyaki Kabobs Or Aloha Sweet Potatoes Honey Glazed Carrots Baked Roll Double Chocolate Chip Cookie