

BELTON SENIOR CENTER SHELLEY
816-348-7410 **24 HR, NOTICE FOR**
RESERVATION OR CANCELLATIONS
JUNE 2019

MONDAY 6-3	TUESDAY 6-4	WEDNESDAY 6-5	THURSDAY 6-6	FRIDAY 6-7
BALSAMIC STEAK TOMATOES RICE PILAF GARDEN SALAD STRAW & PEARS BANANA BREAD 1% MILK	BBQ PULL PORK BAKED BEANS GRILLED POT SALAD WHEAT BUN DICED PEARS BBQ SAUCE 1% MILK	ARTICHOKE CHICK / W ARTICHOKE SAUCE WILD RICE ANAHEIM SALAD WHEAT ROLL CINN APPLES 1% MILK	TUNA SLAD ROASTED VEG QUINOA SALAD WHEAT BREAD FRESH FRUIT GRANOLA COOK 1% MILK	CHICK PAPRIKASH RICE PILAF BROCCOLI WHEAT ROLL FRUITED JELLO 1% MILK
MONDAY 6-10	TUESDAY 6-11	WEDNESDAY 6-12	THURSDAY 6-13	FRIDAY 6-14
SPAGHETTI WITH MEATSAUCE IT BLEND VEGS SALAD MIX WHEAT BREADSTI ORANGE 1% MILK	CHICK PHILLY SAND ONIONS/PEPPERS CAULIFLOWER DILL BABY CARROTS WHEAT BUN STRAW & PEARS 1% MILK	MEATLOAF POT AND GRAVY GREEN BEANS WHEAT ROLL PINEAPPLE 1% MILK	GROUND PORK STUFF PEPPERS STEAM SPINACH COIN CARROTS WHITE ROLL APPLE 1% MILK	CHICK SALAD SAND LETT, TOM & ONION BROCCOLI SLAW WHEAT BREAD FRUIT CRISP 1% MILK
MONDAY 6-17	TUESDAY 6-18	WEDNESDAY 6-19	THURSDAY 6-20	FRIDAY 6-21
BEEF TIPS W/ ONI AND PEPPERS RICE PILAF COLLARD GREENS WHEAT ROLL WATERMELON 1% MILK	LEMON ROAST CHICK ROASTED RED POT SQUASH MEDLEY WW BREADSTICKS ORANGE 1% MILK	SCRAMBLE EGGS TURKEY SAUSAGE O'BRIEN POTATOES CREAM OF WHEAT RAISIN BREAD ORANGE JUICE MILK	HAMBURGER LETT/TOM/ONION/ MAC & CHEESE BLEND VEGS WHEAT BUN CANTALOUPE 1% MILK	FRIED CHICKEN LEGS MASH POT W GRAVY GREEN BEANS WHEAT ROLL CAKE AND ICE CREAM 1% MILK
MONDAY 6-24	TUESDAY 6-25	WEDNESDAY 6-26	THURSDAY 6-27	FRIDAY 6-28
BBQ CHICK SALAD WHEAT BREADSTI ORANGE NONFAT YOGURT 1% MILK	TURKEY W/ GRAVY MASH GARLIC POTATOES BRUSSEL SPROUTS WHEAT ROLL ORANGE 1% MILK	CHICK TAMALES BLACK BEANS ROASTED ZUCCHINI MIXED MELON 1% MILK	ROAST BEEF BAKED POTATO GREEN BEANS WHEAT BREAD STRAW&PEARS 1% MILK	TACO SALAD PINTO BEANS LETT/TOM/ONION/ CHEESE TACO CHIPS MAND ORANGES 1% MILK