



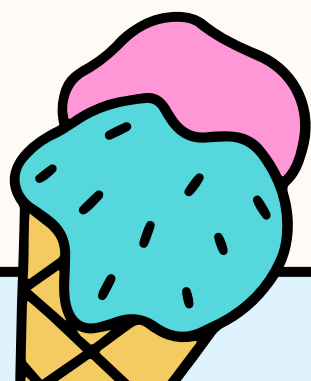
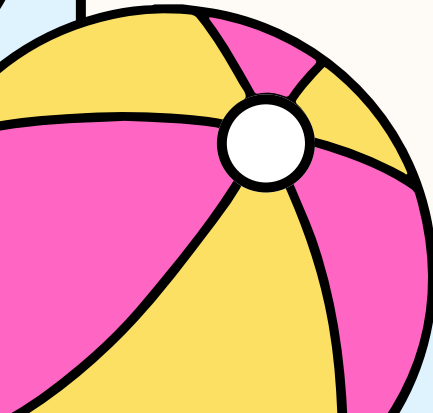


St. Anthony Senior Center



JUNE 2026 NEWSLETTER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 DINING ROOM WILL NOT OPEN UNTIL 9:30AM!	4	5 CHESAPEAKE CITY TRIP 	6
7	8	9	10	11	12	13
 Week of the festival the Senior Center will close at 3 PM!						
14 	15 LONGWOOD GARDENS TRIP NO BINGO ON 6/15/26	16	17	18 DINING ROOM WILL NOT OPEN UNTIL 9 AM!	19 HAPPY JUNE TEENTH	20
21 FATHER'S DAY	22	23	24 	25	26	27
28	29	30				



St. Anthony Senior Center



JUNE 2026 NEWSLETTER

About Our Center

HOURS OF OPERATION

Monday:

- 8:00 AM – 4:00 PM

Tuesday:

- 8:00 AM – 8:00 PM

Wednesday:

- 8:00 AM – 4:00 PM

Thursday:

- 8:00 AM – 5:00 PM

Friday:

- 8:00 AM – 4:00 PM

Saturday & Sunday:

- Closed

LOCATION

1703 W. 10th Street
Wilmington, DE 19805
*Located on the first floor of the
community center.*

Entrance is in the breezeway
between the Father Roberto
Center & The Antonian
Highrise.

TITLE VI NOTICE

St. Anthony Senior Center
operates its programs and
services without regard to
race, color, and national origin
in accordance with Title VI of
the 1964 Civil Rights Act. To
find out more about our
nondiscrimination obligations
or to file a complaint, please
contact us at (302) 421-3735.

Meet Our Team

Exec. Director – Kim Caputo

Senior Center

Senior Center Director – Lindsay Draper
Assistant Director – Elizabeth Negron

Senior Center Driver - Dexter Richardson
Janitorial - Tim Butler

Nutrition Services

Nutrition Site Manager – Brian Shaw

Contact

Main Office:
302-421-3735

Email: seniors@stanthonycenter.org

Website:
<http://stanthonycenter.org>

Stay Connected!

Follow us on Facebook!

<https://www.facebook.com/stanthonyseniors/>

St. Anthony Senior Center



JUNE 2026 NEWSLETTER

Happy Birthday

Stephen Bruns
Patricia Carson
Carolyn B. Butler
Sharon Eaton
Debra Fisher



Sally Jenkins
Nancy Johnson
Jean Pinkston
Nellie Schafer
Rosalyn Syto
Monique Vick

If we missed your birthday, don't let us get away with it—please let us know!

Let's Celebrate!

Join us on Wednesday, June 24th, 2026 at 11:45 AM in the dining room to celebrate all of our May birthdays!

June Birthday Facts

Happy Birthday to all our June members... we're so glad to celebrate with you!

Flowers

- Rose
- Honeysuckle

Birthstones:

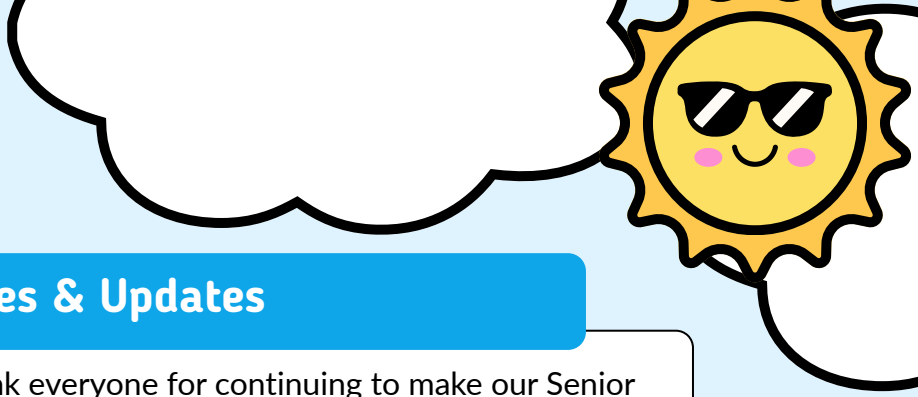
- Pearl
- Alexandrite
- Moonstone

Signs:

Gemini (May 21–June 20)
Cancer (June 21–July 22)

Fun Facts:

- June babies are often known for being creative, curious, and compassionate
- June has the longest daylight hours of the year thanks to the Summer Solstice
- Famous June birthdays include Marilyn Monroe, Morgan Freeman, and Prince



Director's Notes & Updates

As we head into summer, I want to thank everyone for continuing to make our Senior Center such a welcoming and active community. Over the past month, we celebrated Older Americans Month with an incredible Senior Fest, welcomed new faces, and continued expanding programs, partnerships, and opportunities for our members and community at large.

We are always working to grow and improve what we offer... from fitness and wellness programs to social events, educational opportunities, trips, and supportive services. Your participation, feedback, and patience as we continue expanding mean more than you know.

I also wanted to share that Gale will be leaving us for a new position as a receptionist at Weston. While we will certainly miss seeing her around the Center during the day, we are grateful that she will still be teaching our evening Tai Chi classes at 4:30 PM. Please join us in wishing her the very best in this exciting new chapter!

As we welcome new instructors and continue adjusting schedules and programming, we kindly ask everyone to extend a warm welcome to new teachers and allow for a little extra grace as we work through any kinks along the way. We appreciate your patience and support as we continue building programs that benefit our members and community at large.

Please continue checking the newsletter and listening for announcements regarding transportation updates, upcoming trips, schedule changes, and new activities. We have a busy and exciting season ahead, including community outings, special events, and new program ideas we cannot wait to share.

As always, thank you for being part of our community. Whether you join us every day or stop in occasionally, you help make the Senior Center a place of connection, laughter, support, and belonging.

With love,

Lindsay Draper

Closures

Week of the Festival

During the week of the festival, the senior center will be closing at 3 PM sharp. There will be no evening meal or Bingo on Tuesday, June 9th. There will be no Tai Chi on Thursday, June 11th, 2026.

Friday, June 19th, 2026

The Senior Center will be closed in observance of Juneteenth.



Friday, July 3rd, 2026

The Senior Center will be closed in observance of Independence Day.





Italian Festival Bingo Kick-Off

Wednesday, June 3 at 10:00 AM!

 **Wednesday, June 3, 2026**

Sign-Up Begins: 9:30 AM

Bingo: 10:00 AM to 12:00 PM

\$5.00 to Play

We provide the paper
You bring your dauber!

Friendly Reminder:

Please do not enter the Dining Room before 9:30 AM on this day. We know you're excited (and honestly, we love that!), but that half hour is our setup time. Every "Do I need...?", "Are we going to have...?", and "while I've got you..." conversation adds up fast.

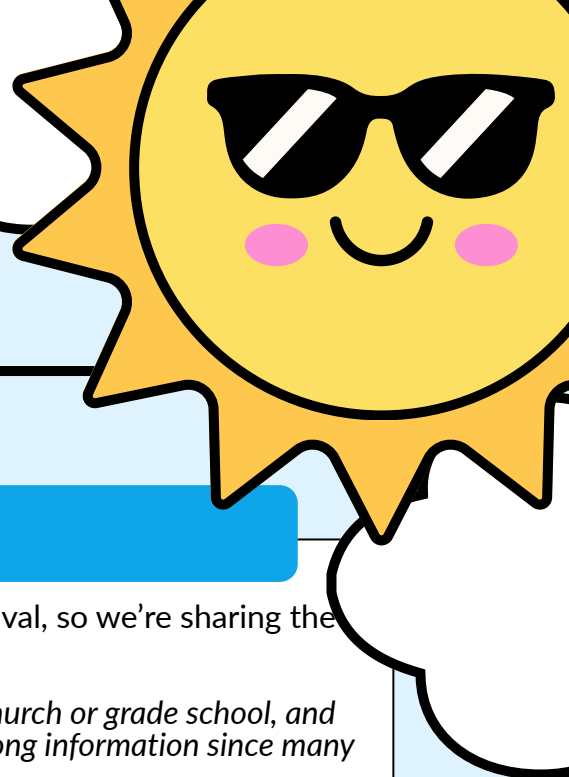
We will answer all your questions.



Help us help you get the party started on time by giving our staff and volunteers a chance to finish setting up before coming in.

We promise we'll be ready for you at 9:30... as long as you give us the time!

St. Anthony Senior Center



JUNE 2026 NEWSLETTER

Italian Festival

We often get questions about the St. Anthony's Italian Festival, so we're sharing the details below for your convenience!

Please note: St. Anthony Senior Center is not affiliated with the church or grade school, and we do not organize or manage this event. We're simply passing along information since many of our members enjoy attending each year.

The St. Anthony's Italian Festival is sponsored by St. Anthony of Padua Parish and is one of the largest Italian-American cultural events in the country. It serves as the primary fundraiser for St. Anthony of Padua Grade School.

2026 Festival Dates: Sunday, June 7 – Saturday, June 13, 2026

Festival Hours:

- Sunday (6/7): 4:00 PM – 10:00 PM
- Monday–Friday (6/8–6/12): 5:30 PM – 10:00 PM
- Saturday (6/13): 4:00 PM – 10:00 PM

New for 2026:

- Feast Day Mass at 12:30 PM
- Procession of Saints at 2:00 PM

(Both will take place on Opening Sunday, June 7.)

Tickets:

Electronic and physical daily and multi-day passes will be available online and at the parish rectory and grade school beginning in early May.

Planning Ahead:

Parking can be limited and the area may be a bit hectic during festival week. If you plan to attend, please allow extra time, follow posted signage and announcements, and plan accordingly. We will share any relevant updates in our June newsletter.

More Information:

For questions, please reach out directly to the festival organizers directly:

St. Anthony of Padua Parish
901 N. DuPont St.
Wilmington, DE 19805
302.421.3700

Word Search - Start of Summer

T T V I N E Y A R D G W B A S I L Z P X
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Cannoli
 Gelato
 Pizza
 Pasta
 Ravioli
 Lasagna
 Espresso
 Biscotti
 Mozzarella

Parmesan
 Marinara
 Bruschetta
 Tiramisu
 Gnocchi
 Focaccia
 Meatballs

Tomato
 Basil
 Oliveoil
 Watermelon
 Sunshine
 Boardwalk
 Sandcastle
 Sunglasses
 Icecream
 Fireworks

Barbecue
 Picnic
 Carnival
 Bocce
 Accordion
 Tarantella
 Gondola
 Venice

Sicily
 Rome
 Naples
 Vineyard
 Fiesta
 Sausage
 Summer
 Vacation
 Parade

Chesapeake City Canal Cruise

Join us for a scenic boat tour along the Chesapeake & Delaware Canal in Chesapeake City!

Enjoy beautiful waterfront views aboard a comfortable catamaran tour boat designed for a safe and smooth ride, featuring: an-board restroom and covered and open-air seating areas.

Friday, June 5th, 2026

Departure Time: 9:00 AM

Estimated Return: 2:30 PM

Cost: \$5.00 per person due at sign-up

Trip Includes:

Catered lunch from the Chesapeake Inn featuring:

- Chicken sliders
- Hamburger sliders
- Finger foods, light fare, and beverages
- Charter transportation to-and-from the Senior Center
- Scenic canal boat tour
- Staff support and assistance throughout the trip

RSVP Required

Please sign up
by calling 302-421-3735.

Space is limited – reserve your seat early!



Important Reminders

- Please dress appropriately for the weather.
- Pack only what you need for the day
- Be sure to bring any necessary medications or personal items.

Accessibility Information:

Please review carefully before registering:

- Walkers and rollators will remain on shore during the boat ride (*in a safe place*)
- There are three small steps required to board and exit the boat.
- Staff will be available to assist passengers getting on and off the boat.
- The boat includes an on-board restroom.

If you have questions about accessibility or accommodations, please contact staff before the trip.



Longwood Gardens Trip

Monday, June 15th, 2026

Departure Time: 9:00 AM

Estimated Return: 2:00 PM

Cost: \$2.00 per person

Trip Includes:

- Round-trip charter transportation
- Admission to Longwood Gardens
- Time to explore the gardens, conservatory, fountains, and gift shop
- A relaxing and social day with friends

RSVP Required

Please sign up by June 10th, 2026
by calling 302-421-3735.

Space is limited – reserve your seat early!

Accessibility Information:

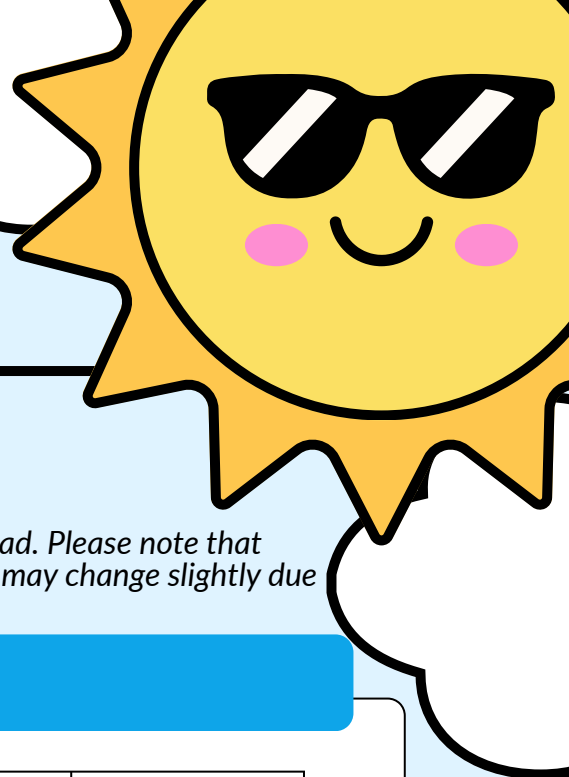
Longwood Gardens is wheelchair accessible and involves moderate walking. Accessible pathways, seating areas, elevators, and restrooms are available throughout the grounds.

The bus is ADA accessible, however, oversized motorized scooters/chairs cannot be accommodated.

Scooters & Wheelchairs are available to rent:

- Rentals are on an unreserved, first-come, first-served basis.
- Due to demand, we are unable to guarantee availability.
- All rentals may be used for the duration of your visit, regardless of length.
- A valid photo ID is required.

St. Anthony Senior Center



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Below are this month's activity highlights to help you plan ahead. Please note that scheduled programs may take priority in shared spaces, and times may change slightly due to events or additional programming.

Activities Calendar

Activity	Date	Time	Location
Italian Festival Special Bingo & Kickoff Celebration	Wednesday, June 3, 2026	Sign-In: 9:30 AM Bingo Begins: 10:00 AM	Dining Room
Fraud Prevention Presenter: Tara Wimbley, Senior Medicare Patrol	Wednesday, June 3, 2026	1:00 PM	Dining Room
Patriotic Pin Take & Make Craft	Monday, June 15, 2026	See the office for Kit	Dining Room
Home Care Services Presentation Presenter: Joy Osaghae, Joy Total Home Care	Monday, June 22, 2026	9:30 AM	Dining Room
Vertigo & Dizziness Presentation Presenter: Dylan Zelenski, DPT, Novacare	Wednesday, June 24, 2026	1:00 PM	Dining Room
St. Francis LIFE Program Presenter: Denise Garcia	Thursday, June 25, 2026	9:30 AM	Dining Room
Flip-Flop Summer Wreath Workshop	Monday, June 29, 2026	1:30 PM	Craft Room

Coming Soon: SingFit®!

We're excited to bring SingFit® to St. Anthony Senior Center! This engaging music-based wellness program uses familiar songs and interactive activities to support memory, cognitive health, social connection, and overall well-being. No singing experience is required... just bring your love of music and a willingness to have fun!

More details coming soon.



PATRIOTIC SAFETY PIN FLAG

Make & Take Craft Kit

Available for Pickup Beginning June 15
While Supplies Last

Create a festive patriotic pin using beads and safety pins! Wear it on a shirt, hat, tote bag, or display it as a decoration.

FLIP-FLOP WREATH WORKSHOP

Create a colorful summer wreath perfect for your door, porch, or favorite room!

Monday, June 29
1:00 PM
Craft Room
RSVP Required

Please sign up by June 22 so we can ensure we have enough supplies for everyone.

All materials will be provided.



Banking Trip

Date	Time	Cost
June 2 nd , 2026	9:30 AM	\$1.00
June 9 th , 2026	9:30 AM	\$1.00
June 16 th , 2026	9:30 AM	\$1.00
June 23 rd , 2026	NO BANKING	---
June 30 th , 2026	9:30 AM	\$1.00

Grocery Shopping

Date	Time	Cost
June 4 th , 2026	2:15 PM	\$2.00
June 12th, 2026	10:15 AM	\$2.00
June 18 th , 2026	2:15 PM	\$2.00
June 25 th , 2026	2:15 PM	\$2.00

Due to Festival Week traffic and increased activity in the area, the ShopRite trip will be moved to Friday at 10:15 AM for that week only.

***** Bus riders not going on the grocery shopping trip will be taken home first *****

Trip Registration

After 9:00 AM on the first day of each month

Advance sign-up required:
fees range from \$1-\$5
Full payment or required deposit due at sign-up

Trips are subject to change due to low registration, weather, traffic, or staffing.

Medical Appointments

- Mondays,
- Wednesdays
- & Thursdays

Fee: \$1.00

****NEW TIME FRAME****

Appointments time frames are now from 10am to 1:00 pm to better serve you!

Appointments must be in our service area. Please give us 48 hours notice when scheduling.

Recreational Trips

Date	Time	Trip	Fee
Friday, June 5th, 2026	Departing the center: 9 AM Returning Home 2:30 PM	Chesapeake City Cruise	\$5.00
Monday, June 15th, 2026	Departing the Center: 9 AM Leaving Longwood: 1:30 PM	Longwood Garden's	\$2.00
Tuesday, June 16 th , 2026	Departing the Center: 10:30 AM Leaving FBD: 1:30 PM	Food Bank of Delaware Farm Stand	Free
Tuesday, June 23rd, 2026	Departing the center at: 9 AM Leaving Cowtown: 1:30 PM	Cowtown	\$5.00
Tuesday, June 30 th , 2026	Departing the Center at: 10:00 AM Leaving DE Park: 1:30 PM	Delaware Park	\$3.00

Friendly Reminder

Please plan to return to the designated meeting location on time for departure. Out of respect for all participants, the bus must leave as scheduled. Repeated lateness may impact eligibility for future trips. If you need a watch, the Senior Center office can assist.

Food Bank of DE Farm Stand Trip

This trip is geared toward participants who would like to use their Farmers Market Cards at the Food Bank of Delaware Farm Stand.

If time permits, we will also visit the Healthy Pantry Center.

No ID is required to receive pantry food, but proof of Delaware residency, such as a piece of mail.

St. Anthony Senior Center



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Social & Recreational

Nickel Bingo (bring your own nickels)

- Monday, Wednesday, Thursday, & Fridays:
 - 10:00 AM – 12:00 PM
- Tuesday evenings:
 - 6:00 PM

Arts & Crafts

Puzzles, art supplies, and adult coloring books are available for all to use in the craft room.

Please see monthly events for group projects.

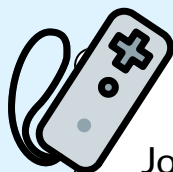
Billiards & Cornhole

- Available daily
- Location: Billiard Room

Please register with a staff member for Cornhole.

Wii Bowling League

- Wii Bowling League has concluded for the 2026 season!



Wii Bowling Interest Meeting - 2026/2027 Season

Interested in Wii Bowling?

Join us for a fun informational meeting to learn about forming a Wii Bowling League at St. Anthony's!

We'll discuss league play, answer questions, and give everyone a chance to try Wii Bowling for themselves.

Date: Monday, August 3rd, 2026

Time: 1:00 PM

Location: Dining Room

St. Anthony Senior Center



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Social & Recreational

Bible Study (Non-Denominational)

- Thursdays: 10:30 – 11:30 AM
- Location: Library

All faiths welcome led by volunteer teacher, Barbara Petrucci

Computer Lab & Library

- Open during regular center hours

Technology Assistance is available *by appointment*

Little Lending Library/Reading Room:

- Books, magazines, and a variety of books are available.

Computers/Library

- Woodlawn Library offers computer instructions.
 - Transportation in our service area (during regular hours) is available.
- Contact Woodlawn Library by phone for more information at (302) 571-7425.

Support Services

Stand By Me 50+:

The Stand By Me 50+ program helps Delawareans approaching or in retirement make their finances work for them and maintain their quality of life.

Contact: Karen Summa

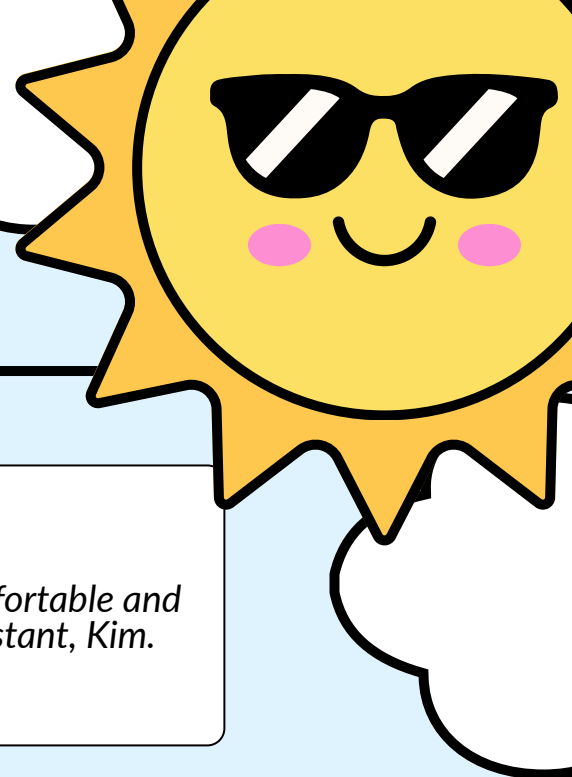
Call 302-658-4171 ext. 104 to schedule an appointment.

Blood Pressure Screenings: Alternating Thursdays in coordination with St. Francis Visiting Nurses

Notary Services: By appointment

Faxing & Copying: By Appointment

St. Anthony Senior Center



Salon Services

- Available by Appointment with Piera Vassallo

A multi-talented stylist dedicated to helping clients feel comfortable and leave happy. Manicures are also available through her assistant, Kim.

Appointments: Call or text 302-545-1751

Gift Shop

Monday, Wednesday & Thursday:

- 9:00 AM – 12:00 PM

Tuesday:

- 2:00 – 4:30 PM

Treat Trolley

The Snack Cart is open Monday through Friday from 10:00 AM to 1:00 PM in the Dining Room.

A variety of snacks are available for purchase during these hours.

Exercise your brain the same way you exercise your body!

Research suggests that regular mental exercise can help support memory and cognitive function.

The Stronger Memory program encourages participants to spend about 30 minutes a day, 4–5 days per week, on three simple activities:

- **Read Aloud** – books, magazines, recipes, newspapers, or letters
- **Write by Hand** – journal entries, grocery lists, cards, recipes, or personal goals
- **Practice Simple Math** – easy math exercises help engage working memory and mental processing skills

We're considering starting a Stronger Memory Group at the center where participants can work on these activities together and support one another in keeping their minds active.

Interested?

Let us know! Contact the office or add your name to our interest list.

St. Anthony Senior Center



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Physical Fitness Schedule

Zumba: Mondays | 9:00 – 10:00 AM with Sandy J.
Chair Exercise: Tuesdays | 9:00 – 10:00 AM with Patricia S.
Yoga: Wednesdays | 9:00 – 10:00 AM with Sandy J.
Sit, Stand, Move: Wednesdays | 1:30 – 2:30 PM with Amber R. & Marion H.
Tai Chi: Thursdays | 4:30 – 5:00 PM with Gale J.
Cardio Drumming: Thursdays | 9:00 – 10:00 AM with Amber R,

Most classes are offered in-person and virtually.

Fitness classes are held in the Exercise Room, with the exception of Exercise Bingo and Cardio Drumming, which are held in the Dining Room.

Exercise Room

Treadmills, bikes, and weights are available for member use after waiver completion.

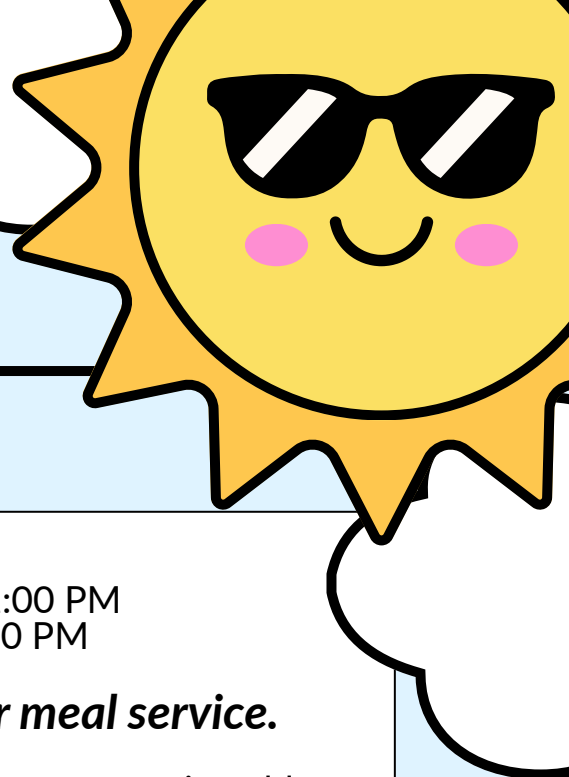
Aquatics

Fraim Center for Active Adults
669 S. Union Street

Transportation can be provided from St. Anthony to the Fraim Center for any morning Aquatic's programs.

There are different types of Fraim Center memberships. For information, please call the Fraim Center at (302) 658-8420.

St. Anthony Senior Center



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Meal Schedule

Lunch is served Monday–Friday at 12:00 PM
Dinner is served on Tuesdays at 5:00 PM

Please plan to arrive by these times for meal service.

Our meals are provided in partnership with City Fare, supporting older adults in our community with quality nutrition and connection.

St. Anthony's Senior Center welcomes individuals age 55 and older, regardless of race, creed, national origin, or disability.

Advanced Reservations Required

- St. Anthony Senior Center operates on an advance reservation system for all meals. This includes any meal substitutions, such as requesting a bag supper. Reservations must be made by 12:00 PM the day before you plan to attend. Monday meals must be reserved by Friday at 12:00 PM. Reservations are accepted via phone at 302-421-3735 and/or in-person.
 - *Please note: arriving late, even with a reservation, does not guarantee a meal.*
- Meals are served at the scheduled time, and quantities are based on reservations received.

We appreciate your cooperation in helping us plan and serve everyone efficiently.

Cost/Donation

- Ages 60+:
 - Suggested donation of \$4.00 per meal
- Under 60:
 - \$8.00 required cost
- Meal coupons are available upon request.

FYI

- All meals are served with 2% milk
- Menus and meals are subject to change

EVENING MENU

<u>Jun 2, 2026</u>
Ham w/ Scalloped Potatoes Summer Squash Split Top Roll Tropical Fruit
<u>9-Jun.</u>
No Evening Meal
<u>16-Jun.</u>
Breaded Flounder w/ Tartar Sauce Stewed Tomatoes Mac & Cheese Fresh Fruit
<u>23-Jun.</u>
Oven Fried Chicken w/ Mashed Potatoes & Gravy Asparagus Fresh Peach Hawaiian Roll
<u>30-Jun.</u>
Rachel Sandwich Turkey w/ Swiss, Sauerkraut & Russian Dressing on Marble Rye Garden Vegetable Soup w/ Crackers Apple Slices

Dinner is served on Tuesdays at 5:00 PM



SALAD MENU


Tuesday	Wednesday
<p><u>6/2</u> <u>Chopped Salad</u> Chopped Romaine topped with Diced Egg, Tomato & Cucumber, Diced Cheddar Cheese, Bacon Bits, Served with Fresh Fruit Split Top Roll</p>	<p><u>6/3</u> <u>Caprese Salad</u> Romaine Lettuce topped with Mozzarella Cherry Tomatoes, Basil Chicken Balsamic Dressing Split Top Roll</p>
<p><u>6/9</u> <u>BLT Salad</u> Mixed Greens topped with Chicken Strips, Bacon Bits, Cherry Tomatoes, Cubed Cheddar Cheese, Served with Apple Slices, Split Top Roll</p>	<p><u>6/10</u> <u>Asian Salad</u> Mixed Greens topped with Edamame, Chicken, Shredded Carrots Shredded, Red Cabbage, Crunchy Wonton Strips, Served with Mandarin Oranges</p>
<p><u>6/16</u> <u>Spring Spinach Salad</u> Spinach topped with Chicken Craisins Bacon Bits, Cucumbers, Feta Cheese Split Top Roll</p>	<p><u>6/17</u> <u>Taco Salad</u> Spinach topped with Taco Beef Diced Tomato & Onion Tortilla Strips Guacamole & Shredded Cheese Served with Pineapple</p>
<p><u>6/23</u> <u>Chef Salad</u> Mixed Greens topped with Ham, Turkey, Swiss Cheese, Tomato, Cucumber Slices, and Croutons, Served with Fresh Fruit</p>	<p><u>6/24</u> <u>BLT Salad</u> Mixed Greens topped with Chicken Strips, Bacon Bits, Cherry Tomatoes, Cubed Cheddar Cheese, Served with Apple Slices, Split Top Roll</p>
<p><u>6/30</u> <u>Caprese Salad</u> Romaine Lettuce topped with Mozzarella, Cherry Tomatoes, Basil Chicken, Balsamic Dressing, Split Top Roll</p>	<p><u>7/1 NEW MONTH</u> <u>Chopped Salad</u> Chopped Romaine topped with Diced Egg, Tomato & Cucumber, Diced Cheddar Cheese, Bacon Bits Served with Fresh Fruit Split Top Roll</p>



BAG SUPPER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
6/1 Tuna Salad on a Croissant with Lettuce and Tomato Cauliflower Bites Fresh Orange	6/2 Roast Beef & Swiss Whole Grain Bread Edamame Succotash Apple Sauce Horseradish	6/3 Ham & Cheddar Sandwich on Whole Grain Bread Broccoli Bites Fresh Peach Mustard	6/4 Caesar Salad Wrap WG Tortilla w/ Grilled Chicken, Lettuce, & Caesar Dressing Baby Carrots Tropical Fruit Cup	6/5 Turkey & Swiss on Marble Rye w/ Sliced Bell Peppers Mixed Fruit Cup Mayonnaise
6/8 Turkey Club on White/Wheat Bread Baby Carrots Sunflower Mix Fruit Punch Mayonnaise	6/9 Cottage Cheese w/ Diced Peaches Celery Sticks Hard Boiled Egg WG Crackers	6/10 Chicken Salad on a Croissant Broccoli Bites Apple Slices	6/11 Ham & Cheddar Sandwich on a Potato Roll Cucumber Slices Pineapple Tidbits Mayo	6/12 BBQ Chicken Wrap w/ Cheese Red Skin Potato Salad Mixed Fruit
6/15 Hummus w/ WG Pita Black Bean & Corn Salad Baby Carrots Diced Pears	6/16 Turkey & Cheddar on Whole Grain Bread Sliced Bell Peppers Diced Peaches Mayonnaise	6/17 Grilled Chicken Patty on WG Hamburger Roll Coleslaw Pineapple Tidbits BBQ Packet	6/18 Roast Beef & Cheddar Cheese on Potato bun Marinated Vegetable Salad Fresh Peach Mustard	6/19—CLOSED— <u>optional to order ahead and receive on 6/18</u> Italian Hoagie (ham, salami, provolone, lettuce) Celery Mixed Fruit Italian Dressing
6/22 PB&J Sandwich Cucumber Slices Apple Slices Cheese Stick	6/23 Turkey w/ Provolone Sandwich on White Wheat Bread Baby Carrots Mixed Fruit Cup Mustard	6/24 Ham & Swiss on Whole Grain Bread Beet Salad Diced Pears Mustard	6/25 Egg Salad on White/Wheat Bread Baby Carrots Pineapple	6/26 Roast Beef & Swiss on White/Wheat Bread Cauliflower Bites Mandarin Oranges Mayo Packet
6/29 Italian Hoagie (ham, salami, provolone, lettuce) Celery Mixed Fruit Italian Dressing	6/30 Turkey & Provolone Sandwich on Whole Grain Bread Broccoli Bites Apple Sauce Mayonnaise	7/1 NEW MONTH Chicken Salad w/ Craisins on White/Wheat Bread Broccoli Bites Diced Peaches	7/2 Breakfast Sandwich Yogurt Cucumber Slices Fresh Orange	7/3—CLOSED— <u>optional to order ahead and receive on 7/2</u> Turkey Club on White/Wheat Bread, Mayo Baby Carrots Sunflower Mix Fruit Punch

LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
6/1 Dry Rub Bone In Chicken Wings 3 Bean Salad Corn Muffin Watermelon	6/2 Tuna Salad on a Croissant w/ Lettuce & Tomato Pea Soup WG Crackers Diced Pears	6/3 Oven Fried Chicken Asparagus Mashed Potatoes w/ Gravy Fresh Peach Hawaiian Roll	6/4 BBQ Pulled Pork WG Kaiser Roll Sweet Potato Fries Green Beans Honeydew	6/5—NEW MENU ITEM Mediterranean White Fish Caribbean Vegetable Blend Brown Rice Fresh Pineapple
6/8 Grilled Cheese w/ Tomato Soup Succotash Apple Slices WG Crackers	6/9 Breaded Chicken Sandwich w/ Pickles on WG Kaiser Roll Roasted Brussel Sprouts Tater Tots Diced Peaches	6/10 Burrito Bowl w/ Brown Rice Ground Beef, Black Beans, Shredded Lettuce, Shredded Cheese, & Salsa Guacamole Fresh Pineapple	6/11 Chicken Gyro w/ Shredded Lettuce, Red Onion & Tzatziki Sauce on a WG Pita Side Greek Salad w/ Diced Cucumbers, Tomatoes, Olives, & Feta Fresh Orange	6/12 Pot Roast w/ Gravy Mashed Potatoes Carrots Split Top Roll Cantaloupe
6/15 Rachel Sandwich Turkey, w/ Swiss, Sauerkraut & Russian Dressing on Marble Rye Garden Vegetable Soup WG Crackers Apple Slices	6/16 Chicken Tenders Corn Salad Split Top Roll Watermelon Honey Mustard	6/17—Pizza Party! Personal Cheese Pizza Side Salad w/ Shredded Carrots & Garbanzo Beans Make Your Own Banana Split!	6/18 Chicken Stir Fry w/ Ginger Teriyaki Sauce Oriental Vegetable Blend Brown Rice Mandarin Oranges	6/19—CLOSED Happy Juneteenth!
6/22 Spaghetti & Meatballs Salad w/ Tomatoes & Cucumbers White Wheat Bread Diced Pear	6/23 Crab Cake Sandwich w/ Tartar Sauce and Shredded Lettuce on WG Kaiser Roll Sweet Potato Fries Coleslaw Honeydew	6/24  Chicken Philly Cheesesteak w/ Provolone Cheese, Peppers & Onions on a WG Club Roll Roasted Broccoli Mixed Fruit Cup	6/25 BBQ Chicken Bites Seasoned Greens Cheesy Grits Watermelon	6/26 Chicken Salad Platter on Romain Lettuce & Sliced Tomatoes Celery Sliced Apples WG Crackers
6/29—NEW MENU ITEM Italian Seasoned Chicken w/ Melted Mozzarella WG Penne w/ Red Sauce Zucchini Diced Peaches	6/30 Cheeseburger on a WG Kaiser Roll w/ Lettuce & Onion Potato Wedges Fresh Pineapple Ketchup	7/1 NEW MONTH Breaded Flounder w/ Tartar Sauce Stewed Tomatoes Mac n Cheese Applesauce	7/2 Chicken Po Boy w/ Shredded Lettuce, Tomato & Pickle on Club Roll Wedding Soup , WG Crackers Honeydew	7/3—CLOSED Happy 4th of July!