

## Highland Valley Elder Services Menu - June 2026

**Monday, June 1st** - Italian Sausage with Peppers & Onions over Pasta (contains gluten), Spinach, Butternut Squash, and Mixed Fruit. Calories: 721, Sodium: 617, Carbohydrates: 97. The choice meal is Butter Chickpeas (contains dairy, vegetarian friendly).

**Tuesday, June 2nd** - Chicken & Gravy (contains gluten), Mashed Potatoes (contains dairy), Green Peas, Broccoli, and Applesauce. Calories: 715, Sodium: 510, Carbohydrates: 74. The choice meal is Butter Chickpeas (contains dairy, vegetarian friendly).

**Wednesday, June 3rd** - Lemon Pepper Pollock, Sweet Potatoes, Cauliflower, and Fresh Fruit. Calories: 693, Sodium: 491, Carbohydrates: 88. The choice meal is Butter Chickpeas (contains dairy, vegetarian friendly).

**Thursday, June 4th** - Chicken Curry (contains dairy) over Rice, Carrots, Green Beans, and Yogurt (contains dairy). Calories: 719, Sodium: 404, Carbohydrates: 90. The choice meal is Butter Chickpeas (contains dairy, vegetarian friendly).

**Friday, June 5th** - Egg Salad, Lettuce & Tomatoes, 2 slices Multigrain Bread, Cucumber Salad, and Chopped Watermelon. Calories: 700, Sodium: 583, Carbohydrates: 55. The choice meal is Tuna Salad.

**Monday, June 8th** - Chicken Divan (contains dairy & gluten) over Rice, Green Beans, Cauliflower, and Chilled Peaches. Calories: 709, Sodium: 473, Carbohydrates: 99. The choice meal is Cheese Lasagna (contains dairy & gluten, vegetarian friendly).

**Tuesday, June 9th** - Salmon & Dill Sauce, Roasted Potatoes, Carrots, Brussels Sprouts, and Fresh Fruit. Calories: 718, Sodium: 397, Carbohydrates: 74. The choice meal is Cheese Lasagna (contains dairy & gluten, vegetarian friendly).

**Wednesday, June 10th** - Cobb Salad (contains dairy), Three Bean Salad, Potato Salad, and Ambrosia Salad (contains dairy, sugar free option available). Calories: 718, Sodium: 420, Carbohydrates: 75. The choice meal is Chicken Salad.

**Thursday, June 11th** - Meatloaf & Gravy (contains dairy & gluten), Roasted Potatoes, Green Peas, Zucchini, and Pudding (contains dairy, sugar free option available). Calories: 723, Sodium: 634, Carbohydrates: 86. The choice meal is Cheese Lasagna (contains dairy & gluten, vegetarian friendly).

**Friday, June 12th** - Pasta Primavera (contains dairy & gluten, vegetarian friendly), Broccoli, Dinner Roll (contains gluten), and a Blueberry Bar (contains gluten, sugar free option available). Calories: 756, Sodium: 473, Carbohydrates: 109. The choice meal is Cheese Lasagna (contains dairy & gluten, vegetarian friendly).

**Monday, June 15th** - Meatballs & Red Sauce over Pasta (contains gluten), Carrots, Broccoli, and Chilled Pears. Calories: 744, Sodium: 441, Carbohydrates: 99. The choice meal is Chicken Cordon Bleu (contains dairy & gluten).

**Tuesday, June 16th** - Greek Chickpea Salad (contains dairy, vegetarian friendly), Pasta Salad (contains gluten), Pickled Beets, and Italian Ice (sugar free option available). Calories: 726, Sodium: 749, Carbohydrates: 98. The choice meal is Tuna Salad.

**Wednesday, June 17th** - Shepherd's Pie (contains dairy & gluten), Capri Blend Vegetables, Dinner Roll (contains gluten), and Fresh Fruit. Calories: 716, Sodium: 420, Carbohydrates: 75. The choice meal is Chicken Cordon Bleu (contains dairy & gluten).

**Thursday, June 18th** - Barbeque Chicken, Collard Greens, Roasted Potatoes, Coleslaw, and Strawberry Shortcake (contains dairy & gluten, sugar free option available). Calories: 759, Sodium: 887, Carbohydrates: 73. The choice meal is Chicken Cordon Bleu (contains dairy & gluten).

**Friday, June 19th** - Juneteenth Holiday. No Meals.

**Monday, June 22nd** - Cheeseburger (contains dairy) on a Bun (contains gluten), Chuckwagon Blend Vegetables, Brussels Sprouts, and Fresh Fruit. Calories: 785, Sodium: 441, Carbohydrates: 83. The choice meal is Spinach & Cheese Quiche (contains dairy & gluten, vegetarian friendly).

**Tuesday, June 23rd** - Teriyaki Chicken over Rice, Green Peas, Cauliflower, and Pineapple. Calories: 704, Sodium: 477, Carbohydrates: 95. The choice meal is Spinach & Cheese Quiche (contains dairy & gluten, vegetarian friendly).

**Wednesday, June 24th** - Roasted Pork & Mustard Sauce (contains dairy & gluten), Roasted Potatoes, Corn, Capri Blend Vegetables, and Applesauce. Calories: 748, Sodium: 337, Carbohydrates: 70. The choice meal is Spinach & Cheese Quiche (contains dairy & gluten, vegetarian friendly).

**Thursday, June 25th** - Taco Salad over Lettuce (contains dairy & gluten), Broccoli Salad, Street Corn Salad (contains dairy), and Ice Cream (contains dairy, sugar free option available). Calories: 759, Sodium: 726, Carbohydrates: 59. The choice meal is Ham & Pickle Salad.

**Friday, June 26th** - Fish Sandwich on a Bun (contains gluten), Tartar Sauce, Green Beans, Baked Beans, and Fresh Fruit. Calories: 713, Sodium: 823, Carbohydrates: 88. The choice meal is Spinach & Cheese Quiche (contains dairy & gluten, vegetarian friendly).

**Monday, June 29th** - Hot Dog on a Bun (contains gluten), Roasted Potatoes, Capri Blend Vegetables, and Mixed Fruit. Calories: 720, Sodium: 818, Carbohydrates: 84. The choice meal is Vegetarian Chili (vegetarian friendly).

**Tuesday, June 30th** - Bean & Cheese Enchiladas, Yellow Rice, Broccoli, and Fresh Fruit. Calories: 723, Sodium: 575, Carbohydrates: 98. The choice meal is Vegetarian Chili (vegetarian friendly).