













June Menu 2022

Site: Custer

Puzzle of the Month What do you call an earthquake and a cow? May Answers: Blossoms, Raincoat, Garden, Galoshes May Winners: Rolando B. (Maplewood), Cheryl H. (Bison)		Wednesday 1 Ham & Cheesy Potato Casserole 2CS Carrots 1/2CS Peas 1CS Pineapple Tidbits 1CS Bread 1CS	Thursday 2 Salisbury Steak w/Gravy 1CS Mashed Potatoes 1CS Mixed Vegetables 1/2CS Fruit Cocktail 1CS Bread 1CS	Friday 3 Spaghetti w/Meat Sauce 2CS Italian Vegetables Tossed Salad w/Tomatoes Pears 1CS Garlic Bread 1CS 
Monday 6 Mandarin Orange Chicken 1CS Baked Potato 1CS Broccoli Plums 1CS Bread 1CS 	Tuesday 7 Hungarian Goulash 2CS Cooked Cabbage Cooked Carrots 1/2CS Peaches 1CS Bread 1CS	Wednesday 8 HAPPY BIRTHDAY Beef Noodle Stroganoff 2CS Peas 1CS Applesauce 1 1/2CS Cake 3CS SF Vanilla Ice Cream 1CS Bread 1CS 	Thursday 9 Chicken Finger Sandwich 2CS Potato Wedges 1CS California Vegetables Cinnamon Apples 1CS	Friday 10 Turkey Roast Mashed Potatoes w/Gravy 1CS Green Beans Cranberry Crunch Salad 1CS Bread 1CS
Monday 13 Scrambled Eggs w/Cheese Hashbrowns 1CS Squash 1CS Tropical Fruit 1CS Fruit Muffin 1CS	Tuesday 14 BBQ Beef on a Bun 2CS Company Potatoes 2CS Peas 1CS Pears 1CS 	Wednesday 15 Sierra Beef Casserole 2CS Seasoned Spinach Glazed Carrots 1/2CS Fresh Orange 1CS Vanilla Pudding 1CS Bread 1CS	Thursday 16 Hawaiian Chicken Salad 1 1/2CS Leaf Lettuce & Sliced Tomatoes Potato Salad 1 1/2CS Mandarin Oranges 1CS Croissant 1CS 	Friday 17 Meatloaf 1/2CS Baked Potato 1CS Mixed Vegetables 1/2CS Fruit Cocktail 1CS Cookie 2CS Bread 1CS 
Monday 20 Chicken Fried Steak 1CS Mashed Potatoes w/Milk Gravy 1CS Peas & Carrots 1CS Applesauce 1 1/2CS Bread 1CS	Tuesday 21 Meat Salad Sandwich 2CS Potato Salad 1 1/2CS Fresh Veggies Mandarin Oranges 1CS Cookie 2CS 	Wednesday 22 Chili Cornbread 2CS Seasonal Fresh Fruit 1CS Jello w/Topping 1CS 	Thursday 23 Chicken Bacon Ranch Wrap 1CS with lettuce Cool Cucumber Salad Blanched Baby Carrots 1/2CS (cold) Banana 2CS	Friday 24 Hamburger on a Bun 2CS Baked Beans 2CS Leaf Lettuce & Sliced Tomatoes Potato Salad 1 1/2CS Pineapple Tidbits 1CS
Monday 27 Sausage Gravy over Biscuit 2CS Brussel Sprouts Herb Diced Potatoes 1CS Fruit Cocktail. 1CS 	Tuesday 28 Chicken Salad on a Croissant 2CS Tomato Spoon Salad 1/2CS English Pea Salad 1CS Fresh Orange 1CS	Wednesday 29 Taco Salad w/Meat & Bean 2CS Cottage Cheese Apricots 1CS Pudding w/Topping 1CS	Thursday 30 Chicken Alfredo Linguini 3CS California Vegetables Peaches 1CS Apple Juice 1CS Garlic Bread 1CS 	 Happy Father's Day - June 19th

*All meals include 8 oz. 1% milk (1 CS)

Choice of 1- 2 bread / grain servings (1 – 2 CS)

Carb Servings = (CS) (1 = 15 grams Carbohydrate)

marked for diabetic diets

**All canned fruit is in light syrup

***MENU SUBJECT TO
CHANGE WITHOUT NOTICE***

FOR RESERVATIONS OR CANCELLATION

PLEASE CALL
CUSTER SENIOR MEALS
605-517-0621
24 HRS. IN ADVANCE