



SUNCOOK SENIOR CENTER 603-485-4254

JUNE 2024 MOW MENU

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
LS Beef Patty w/ Mushroom Gravy LS Butternut squash Raviolo	LS = Low Sodium	LS Chicken w/Honey Garlic Sauce Scrambled Eggs	FOOD ALLERGY NOTICE: Please be advised that our food may contain these ingredients: Milk, Eggs, Wheat,	Baked Meatloaf w/Brown Onion Gravy
10	11	12	13	14
LS Pork w/ Tarragon Sauce LS Shells & Cheese		LS Chicken Pot Pie LS Orange Chicken		Grilled Chicken Teriyaki LS Tilapia w/Lemon Sauce LS Beef Chili
17	18	19	20	21
LS Turkey Ala King LS Penne Pase Primavera		AGENCY CLOSED Juneteenth Day		Meatball in a Pesto/Tomato Sauce
24	25	26	27	28
LS Tilapia w/lemon Dill Cream Sauce LS Beef Chili		LS Turkey A la King LS Penne Pase Primavera		Chicken Provencal
July 1		July 3		
LS Chicken & Rice Casserole LS Butternut squash Raviolo		LS Chicken w/Honey Garlic Sauce LS BBQ Pork		Menu is always subject to change depending on supplies