



All Meals include White or Low-Fat Chocolate Milk. Lactose Free available by Request.

June 2026

Richland County Senior Dining

Monday	Tuesday	Wednesday	Thursday	Friday
1 Italian Penne Pasta Asparagus Tropical Fruit Salad	2 Country Steak Ribs w/Kraut Creamed Potatoes Baked Beans Blueberry Muffin	3 Roast Pork Loin Mashed Potatoes w/gravy Peas & Carrots Orange WW Roll	4 Egg Salad Croissant Veggie Ranch Pasta Melon Cup Cookie	5 Baked Cod w/Tartar Sauce Baked Sweet Potato Broccoli Pears WW Roll
8 Goulash w/Beans California Blend Veggies Fruit Cocktail	9 Beef Stew w/Vegetables Biscuit Peaches	10 Sliced Turkey Breast w/Gravy Dressing Glazed Carrots Lemon Bar	11 Meatloaf Au gratin Potatoes Peas Pineapple WW Roll	12 Ham, Broccoli, Rice Casserole Cut Green Beans Tropical Fruit
15 Chicken Cordon Bleu Broccoli Spears Pears WW Roll	16 Lasagna w/Spinach Italian Blend Veggies Apple	17 Swiss Steak Mashed Potatoes w/Gravy California Blend Veg. Frosted Carrot Cake WW Roll	18 Ring Bologna Mac-N-Cheese Red Cabbage Mixed Fruit	19 <i>Rockbridge Closed</i> Chicken Tetrazzini Buttered Lima Beans Tropical Fruit
22 Scalloped Potatoes & Ham Carrot Coins Watermelon WW Roll	23 Hamburger Stroganoff Broccoli Peaches	24 Chicken Thighs Dressing w/Gravy Mixed Vegetables Apple Sauce BB Brownie	25 Meatloaf Garlic Mashed Potatoes Peas & Carrots Tropical Fruit WW Roll	26 Baked Cod w/Tartar Sauce Roasted Potatoes Green Beans Pears WW Roll
29 Meatballs w/Mushroom Gravy Mashed Potatoes Carrots Apricots WW Roll	30 Polish Sausage w/Kraut Stewed Tomatoes Red Skin Potatoes Mandrin Oranges WW Roll	<p><u>Richland County Meal Sites</u></p> <p>Germantown 608-983-2786/608-983-2798 Richland Center 608-647-2323 Rockbridge 608-649-3269/608-647-3900</p> <p>Reservation Required please call 1 business day prior.</p>		

All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact and thus cannot offer a substitution item.

Comments, Questions or Concerns Please call the Nutrition Program at 608-647-4616