



MONTHLY ENTERTAINMENT	11:30 Wed., JUNE 6 SHEERY BARNHART	11:30 Wed., JUNE 13 JEFF & SANDY	11:30 Wed., JUNE 20 MV GEM FIDDLERS	11:30 Wed., JUNE 27 JEFF & SANDY	11:30 Every Thur. PAT BLESSIN-ORGAN MUSIC	Breakfast/MARLA GARRETT
JUNE 2018	Minimum Daily Serving Size - 2 oz of Meat/Protein, 1/2 cup of cooked/canned fruit and vegetables, or 1 cup fresh fruit and fresh vegetables, 1/3 to 1/2 cup of grains & 1 slice of bread (half to be whole grain), 1 cup of milk or dairy, dessert is an optional - minimum 1 oz serving					JUNE 2018
TFSC MEAL COSTS Age 60 & over \$5.00 (suggested donation) Under 60 \$6.00 Under 9 \$3.00 Lunch to Go \$6.00 Cinnamon Roll \$2.00 Coffee \$.50 Soup to Go \$3.00	Bold Italic Salad will go out with Home Delivered Meals (HDM) Daily HDM Meal Drink Choices 2% MILK ORANGE/APPLE JUICE NON FAT CHOCOLATE MILK Daily CENTER Meal Drink Choices WATER TEA COFFEE MILK	 TWIN FALLS SENIOR CENTER 734-5084 530 SHOSHONE ST. W., TWIN FALLS, ID. 83301 CENTER OFFICE HOURS Mon-Fri 8:00 am to 5:00 pm Website - www.tfseniorcenter.com Facebook - Twin Falls Senior Center CENTER VOLUNTEERS & DRIVERS NEEDED!!! Call today to get started			Friday 2018-06-01 Meatloaf Caprese Orzo Salad Sweet Spinach Salad Fruit Mashed Potatoes w/Gravy Lima Beans Onion Dill Roll Berry Cheesecake Bar	Saturday 2018-06-02 

Sunday 2018-06-03	Monday 2018-06-04 Cheesy Chicken	Tuesday 2018-06-05 Beer Battered Fish	Wednesday 2018-06-06 Hot Roast Beef Sandwich	Thursday 2018-06-07 Chicken Fajitas	Friday 2018-06-08 Broccoli Beef	Saturday 2018-06-09 \$8 Fundraising Breakfast
	Parfait Salad Green Salad Fruit Egg Noodles Sunshine Carrots Slice of Wheat Bread Spice Cake	Seafood Pasta Salad Mustard Potato Salad Fruit Cauliflower w/cheese Cornbread Oatmeal Raisin Cookie	Mixed Green Salad/w tomatoes Jello w/fruit Salad Fruit Stuffing w/gravy Asparagus Blend Vegetables Bun Apple Crumble Bar	Mexican Pasta Salad Green Salad Fruit Refried Beans Peppers & Onions Tortillas Blonde Brownie	Barley Veggie Salad Ambrosia Salad Fruit Brown Rice Sauteed Cabbage Egg Roll Mixed Berry Cobbler	8:00 -10:00 am Steak & Eggs Sausage, Bacon, Potatoes Biscuit & Gravy Fresh Fruit, Bread Tray Coffee, Milk, Juice Marla Garrett Entertains

Sunday 2018-06-10	Monday 2018-06-11 Breakfast Bar	Tuesday 2018-06-12 Polish Sausage	Wednesday 2018-06-13 Fried Chicken	Thursday 2018-06-14 BBQ Pork Sandwich	Friday 2018-06-15 Chicken Fried Steak	Saturday 2018-06-16
12:00-4:00 DUPLICATE BRIDGE (MPR)	Ham Slice w/2 Link Sausage Mixed Fresh Fruit Denver Scramble Potato Casserole Biscuit & Gravy Zucchini Bread	Creamy Coleslaw Broccoli Raisin Salad Fruit Cranberry Orange Wild Rice Sauerkraut Bun Snickerdoodle Cookie	Green Salad w/veggies Lime Pear Jello Fruit Macaroni & Cheese Sliced Beets Slice of Wheat Bread Lemon Bar	Rainbow Rotini Salad Carrot Apple Celery Salad Fruit Cowboy Baked Beans Roasted Garden Vegetables Bun Chocolate Cake	Frog Eye Salad Green Salad Fruit Mashed Red Potatoes w/Gravy Green Beans w/Bacon Parmesan Roll Strawberry Pie	

Sunday 2018-06-17	Monday 2018-06-18 Chicken Strips	Tuesday 2018-06-19 Cheeseburger	Wednesday 2018-06-20 Chicken Alfredo	Thursday 2018-06-21 Taco Bar	Friday 2018-06-22 Roasted Pot Roast	Saturday 2018-06-23
	Green Salad Spring Berry Salad Fruit AuGratin Potatoes Squash Blend Vegetables Slice of Wheat Bread Oatmeal Butterscotch Cookie	Garden Pasta Salad Relish Tray/Condiments Fruit Tator Tot Casserole Baked Beans Bun Peanut Butter Bar	Caesar Salad w/ Croutons Creamy Grape Salad Fruit Fettuccini Noodles Sugar Pea Blend Vegetables Garlic Bread Stick IceBox Cake	Black Bean Corn Salad Green Salad Fruit Spanish Rice Cheesy Refried Beans Tortillas Mexican Chocolate Cake	Barley Salad w/Tomato, Cucumber Mixed Green Veggie Salad Fruit Mashed Potatoes & Gravy Roasted Brussel Sprouts Herb Roll Coconut Cream Pie	

Sunday 2018-06-24	Monday 2018-06-25 Chicken Stir Fry	Tuesday 2018-06-26 Finger Steaks	Wednesday 2018-06-27 BBQ Pork Baby Back Ribs	Thursday 2018-06-28 Chopped Steak/Liver & Onions	Friday 2018-06-29 Chicken Marsala	Saturday 2018-06-30
	Asian Coleslaw Orange Dreamsicle Salad Fruit Fried Rice Stir Fried Blend Vegetables Egg Rolls Pistachio Pudding	Veggie Grain Salad Jicama Mango Salad Fruit Potatoes w/Country Gravy Roasted Broccoli Spoonbread Toffee Chocolate Chip Cookie	Southern Coleslaw Salad Lemon Cream Salad Fruit Rice Cheddar Spinach Casserole Fire Roasted Sweet corn Focaccia Bread Birthday Cake	Fiesta Cauliflower Rice Salad Green Salad Fruit Mashed Potatoes w/gravy Sauteed Vegetables Onion Dill Roll Raspberry Bar	Pea Salad Apple Broccoli Salad Fruit Bowtie Pasta String Beans Italian Roll Apricot/Peach Cobbler	