

Charlotte

June 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6/3/2024 Beef/Chicken Sweet & Sour Meatballs Rice Pilaf Green Peas w/Peppers Dinner Roll Pineapple Tidbits Milk Margarine	6/4/2024 BBQ Braised Pork Roast Twice Whipped Potatoes Tossed Salad Dinner Roll Fruit & Grain Bar Milk Margarine Ranch Dressing	6/5/2024 Pinto Beans Macaroni & Cheese Collard Greens Cornbread Applesauce Milk Margarine Vinegar	6/6/2024 Lemon Pepper Chicken Thigh Garlic Whipped Potatoes Mixed Vegetables Dinner Roll Seasonal Fruit Milk Margarine	6/7/2024 Beef Patty Lettuce, Tomato, & Onion Vegetarian Baked Beans Hamburger Bun Mixed Fruit Cobbler Milk Mustard/Ketchup
6/10/2024 Chicken Parmesan Buttered Penne Green Beans Dinner Roll Mandarin Oranges Milk Margarine	6/11/2024 Beef Taco Meat Spanish Rice Mixed Beans Flour Tortilla Seasonal Fruit Milk Taco Sauce	6/12/2024 Ham & White Beans Whipped Potatoes Mixed Greens Cornbread Applesauce Milk Margarine	6/13/2024 Beef/Chicken Swedish Meatballs Egg Noodles Green Peas w/Peppers Dinner Roll Pineapple Tidbits Milk Margarine	6/14/2024 Sliced Turkey Breast Swiss Cheese Apple Juice Potato Salad Wheat Bread (2) Boston Cream Pie Milk Mustard
6/17/2024 Cranberry Dijon Braised Pork White Rice Broccoli Dinner Roll Pineapple Tidbits Milk Margarine	6/18/2024 Salisbury Beef w/Gravy Whipped Red Skin Potatoes Parslied Carrots Dinner Roll Fruited Gelatin Milk Margarine	6/19/2024 Bourbon Chicken Thigh Creamed Corn Lima Beans Dinner Roll Applesauce Milk Margarine	6/20/2024 Beef Spaghetti Casserole Green Peas Tossed Salad Dinner Roll Tropical Fruit Milk Margarine Ranch Dressing	6/21/2024 Chicken Salad Tomato & Lettuce Kidney Bean Salad Wheat Bread (2) Orange Juice Milk
6/24/2024 Meatloaf w/Tomato Gravy Whipped Potatoes Mixed Vegetables Dinner Roll Grape Juice Milk Margarine	6/25/2024 Chicken Fajitas Black Beans & Rice Fiesta Vegetable Blend Flour Tortilla Fudge Crème Cookie Milk Margarine	6/26/2024 Beef/Turkey Sloppy Joe Vegetarian Baked Beans Sliced Carrots Wheat Hamburger Bun Seasonal Fruit Milk	6/27/2024 Teriyaki Braised Pork Brown Confetti Rice Broccoli Dinner Roll Tropical Fruit Milk Margarine	6/28/2024 Chicken Chef Salad Pasta Salad Beet Salad Wheat Crackers Banana Milk Ranch Dressing



Nourishment through
compassionate care.


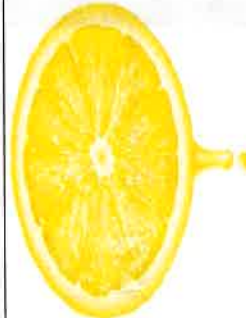



LunchPlus Club
at Bethpage Presbyterian Church
6020 Mooresville Road, Kannapolis, NC 28081
www.bethpagechurch.org

Please call 704-794-7239
by Noon the day before you wish to attend.

Adrienne Mauri, MHS, RDN, LDN

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June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
 <h2>NW Cabarrus LunchPlus Club</h2>				
3 10:30 Coin Toss Game	4 10:30 NW Cabarrus LunchPlus Club Meeting 11:00 Understanding Alzheimer's and Dementia by Alzheimer's Association	5 10:30 Hot Air Balloon Trivia	6 10:30 Tai Chi Exercise	7 10:00 Bingo
10 10:30 Herb and Spices Day Trivia	11 10:00 Trivia 10:30 A Taste of Healthy Fruits (Treat and Discussion)	12 10:30 Rose Day Trivia and Craft 11:00 Caregiver Stress and How to Help by GAST	13 10:00 Flag Day Craft 10:30 Tai Chi Exercise	14 9:00-1:00 World Elder Abuse Awareness Day (wear purple) 10:00 Bingo
17 10:30 Father's Day Celebration	18 10:30 Waterfall Trivia and Craft	19 10:30 Juneteenth Celebration 11:00 The Importance of Socialization by PACE	20 10:00 Seashell Craft 10:30 Tai Chi Exercise	21 10:00 Bingo
24 10:30 National Pink Day	25	26 10:30 Sunglasses Craft	27 10:30 Tai Chi Exercise 11:00 Cabarrus County Library 11:45 June Birthday Celebration (Ice Cream Sundaes)	28 10:00 Bingo
				

***Programs are subject to change. ***