

**NEW MENU STARTS JULY 3, 2023**

**DINNERS AT HOME (FROZEN MEALS) – RIH**

**\$6.50 PER MEAL**

**EVERY TUESDAY AND THURSDAY (Same meals for both days)**

- A. Filet of Salmon in Lemon Dill Sauce served with Roasted Potatoes and California Mixed Vegetables (GF)
- B. Chicken a la King with Rice Pilaf and Mixed Vegetables
- C. Shepherd's Pie with Mashed Potatoes, Peas, Carrots and Gravy.
- D. Macaroni & Cheese with Garlic Toast and Broccoli
- E. Roast Turkey served with Bread Dressing, Mashed Potatoes, Julienne Carrots, Brussel Sprouts