










Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
				1 Menu lesson: Spaghetti with Turkey meat sauce	2 Follow us on Facebook @STEPS4living.org
4 Follow us on Facebook @STEPS4living.org	5 Menu lesson: Egg and cheese omelet's and bacon	6 STEPS CLOSED 	7 Menu lesson: Grilled chicken, baked potato and steamed vegetables	8 TRIP 	9
11 	12 Menu lesson: Grilled ham and cheese and fries	13 TRIP  Regal Cinemas	14 Menu lesson: Chicken and rice bake with vegetables	15 Menu lesson: Taco Salad	16 Follow us on Facebook @STEPS4living.org
18 Happy Father's Day!	19 Menu lesson: Personal pizzas 	20 Menu lesson: Chicken Quesadilla's with rice	21  TRIP Mini Golf	22 Menu Lesson: Chicken Caesar Wraps TRIP - Holiday for Ice Cream 	23
25	26 TRIP Going to the Moorestown Mall	27 Menu lesson: BLT sandwiches and pasta salad	28 Menu lesson: Breakfast burritos with hash browns	29 Menu lesson: Make your own salads	30 