

Monday	Tuesday	Wednesday	Thursday	Friday
* Meets Vitamin C requirement **Meets Vitamin A requirement for Department of Aging ***Meets Vitamin A & C [=] Potassium-rich Lunch meets 1/3 requirement for the Recommended Daily Allowance.				
CLOSED 4 	Turkey Burger 5 w/Lettuce & Tomato WG Bun ***Broccoli Salad w/raisin, onion [=] Herb Roasted Potato Oatmeal Cookie	Baked Fish w/Herb Crust 6 Tartar Sauce [=]Split Pea Soup Whole Grain Bread *[=]Beet & Onion Salad w/Mandarin Oranges **Herbed Carrots Fresh Fruit Cup – Assorted Seasonal Fruit	Chinese Chicken Salad 7 Cold Plate Ginger Carrot Soup Chinese Noodles or WG Bread [=] Mixed Salad Greens w/ Romaine, Cucumber, Bell Pepper & Tomatoes *Strawberries or Tangerine	Turkey Bolognese 1 w/[=]Penne Pasta [=]Lentil Soup Caesar Salad w/Romaine, Croutons, Parmesan **Vegetable Blend *Fruit Cup – Pineapple, Orange and mixed Melon
Tuna Salad Cold Plate 11 *Red & Green Cabbage w/Shredded Carrots, leaf lettuce Tomato Basil Soup Whole Grain Bread Fresh Peach, Nectarine or Plum	Chicken Adobo 12 Vegetable Brown Rice Pilaf [=]**Whipped Butternut Squash or Sweet Potato Green Bean w/Mushroom [=]*Orange or Tangerines or Cantaloupe***	Stuffed Manicotti or Shells w/Meat Sauce 13 Mesclun Salad Mix Zucchini and Cauliflower *Pineapple & Mandarin Fruit Cup	Swedish Meatballs 14 Tarragon Noodles Mixed Green Salad Peas & Corn Chocolate Pudding [=]*Orange Juice	Hawaiian Chicken 15 w/Pineapple Brown Rice Pilaf ***Broccoli Salad w/raisin, red onion **Ginger Carrots Fresh Fruit in Season
Shepherd's Pie 18 (Turkey w/mushrooms, onions, mashed potatoes, peas & corn) Whole Grain Roll or Bread Romaine Salad w/Tomato & Cucumber *[=]Fruit Cup w/Pineapple, Orange, Melon (mixed)	Soft Fish Taco w/Salsa 19 Tomato Soup Flour or Corn Tortilla ***Shredded Cabbage, Bell Pepper, Shredded Carrots [=]Pinto Beans Fresh Peach or Unsweetened canned	Brisket w/Caramelized Onions 20 Whole Grain Bread [=]**Whipped Sweet Potato Broccoli** [=]Banana [=]*Orange Juice	Chicken Dijon 21 Farro Risotto (celery/onion) Mesclun Salad Mix **Herbed Carrots [=]*Orange or Tangerines or Cantaloupe**	Chef Salad Cold Plate 22 *Assorted Salad Greens w/Cabbage, Shredded Brussels Sprouts, Bell Pepper, Apple, Cucumber & Celery Minestrone Soup Dinner Roll Oatmeal Cookie
Greek Salad Cold Plate 25 w/Chicken, Monterey Jack ***Spinach, Bell Pepper, Tomato, Green Onion, Carrots, Olives Lentil Soup Pita Bread Lemon Pudding	Spaghetti & Meatballs 26 Caesar Salad w/Romaine, Croutons Italian Green Beans w/Olive Oil [=]*Orange or Tangerines or Cantaloupe**	Tarragon Turkey Stew 27 Biscuit *Creamy Coleslaw **Vegetables in entrée Vanilla slice/Diced Pear	Baked Fish 28 (w/Dill or Lemon Sauce) Tomato Basil Soup Brown Rice **Butternut Squash ***Broccoli Salad w/raisin, red onion Apple or Cinnamon Applesauce	Santa Fe Chicken 29 Whole Grain Bread Assorted Salad Greens w/ Cucumber & Celery Roasted Corn [=]Banana [=]*Orange Juice