

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Bolognese w/LS Tomato sauce 2 Whole Grain Penne Pasta [=] <i>Lentil Soup</i> Herbed Zucchini & Yellow Squash Caesar Salad w/Romaine, Croutons, Parmesan *Pineapple and Mango Fruit Cup	Independence Day Menu 3 BBQ Chicken Lettuce and Tomato Slices Whole Grain Roll [=]LS Baked Beans [=] Coleslaw* Apple Pie		Baked Salmon w/Dill or Citrus Sauce 5 [=] <i>Minestrone Soup</i> Brown Rice Roasted Corn *** [=] Spinach Salad w/Kale, Bell Pepper, Cucumbers Apple	Roast LS Turkey Breast w/LS gravy 6 Whole Grain Bread Stuffing Roasted Brussels Sprouts ** [=] Fresh Whole Sweet Potato or Yam Chocolate Chip Cookie * [=] Orange Juice
Spinach Quiche 9 (w/Eggs, Swiss Cheese) <i>Hearty Vegetable Soup</i> Barley Pilaf w/Herbs Green Beans w/Almonds ***Broccoli Salad [broccoli, raisins, red onions] Apple or Applesauce	Chicken Milanese 10 Linguine w/LS Marinara Sauce Cauliflower & Zucchini Caesar Salad w/Romaine, Croutons, Parmesan Mango & Pineapple	Southwest Turkey Salad 11 <i>Tortilla Soup</i> Entrée Salad - Mixed Salad Greens w/Shredded Cabbage, Corn, Black Beans Whole Grain Roll ***Cantaloupe	Asian Beef Pepper Steak 12 Brown Rice **Mixed Asian Vegetables [broccoli, bamboo shoots, bell peppers, onions] *Beet Salad w/Mandarin Oranges Fresh Peach or Fresh Pear	Southwest Shredded Chicken 13 <i>Corn Chowder</i> Warm Tortilla LS Pinto Beans *Shredded Cabbage w/Tomato Banana
Turkey Vegetable Stir Fry 16 (celery, onions, mushrooms) Jasmine Brown Rice Vegetable in Entrée **Carrot, Bell Pepper Salad * [=] Orange	Tuna Salad Cold Plate 17 (Celery, Onion) <i>Split Pea Soup</i> Whole Grain Roll Herbed Potato Salad *Red & Green Coleslaw Banana	Beef Enchilada Casserole 18 (w/Ground Beef, Jack Cheese, LS Sauce) Corn Tortilla in Entrée Green Beans w/Mushrooms Mesclun Salad Mix * [=] Fruit Cup w/Mandarin, Pineapple and Mango	Tandoori Chicken 19 <i>Tuscan Vegetable Soup</i> Pita Bread **Ginger Carrots Mixed Salad Greens w/Radish, Cucumber * [=] Cantaloupe or Tangerine	Spaghetti w/Meatballs (Ground Turkey) 20 WG Pasta Mixed Vegetable Blend (Zucchini, Broccoli, Cauliflower) Caesar Salad w/Romaine, Croutons, Parmesan Oatmeal Cookie * [=] Orange Juice
Chicken Caprese Salad 23 <i>Minestrone Soup</i> Whole Grain Roll Entrée Salad w/Spinach, Kale, Romaine, Roma Tomatoes, Shaved Red Onions, Fresh Basil and Herb Croutons *Strawberries and Mango Fruit Cup	Beef Tips w/LS Mushroom Sauce 24 <i>Vegetable Soup</i> Noodles w/Herbs **Carrots and Zucchini Mesclun Salad Mix w/Cucumber ***Cantaloupe OR ** [=] Orange OR Tangerine	Stuffed Bell Pepper 25 (Ground Turkey) Whole Grain Roll Whipped Cauliflower Romaine Salad w/Tomato Chocolate Pudding * [=] Orange Juice	Baked Fish w/Herb Crust or Breaded Fish 26 <i>Potato Leek Soup</i> Barley Pilaf w/Parsley **Broccoli *Coleslaw Fresh Fruit Cup	Cashew Chicken Breast 27 [=] <i>Red Bean Ginger Soup</i> Jasmine Brown Rice Green Beans w/Mushrooms * [=] Beet Salad w/Mandarin Oranges Apple or Applesauce
Beef Fajita 30 [peppers, onions] <i>Albondigas Soup</i> Warm Flour Tortilla [=]LS Pinto Beans Mesclun Mix Salad ***Cantaloupe OR ** [=] Orange OR Tangerine	Santa Fe Chicken 31 Brown Rice Pilaf Green Beans w/Pimento Roasted Corn Oatmeal Cookie [=] *Orange Juice	* Meets Vitamin C requirement **Meets Vitamin A requirement for Department of Aging ***Meets Vitamin A & C [=] Potassium-rich [+] High Sodium Lunch meets 1/3 requirement for the Recommended Daily Allowance. Menu is subject to change without notice		

