

Monday	Tuesday	Wednesday	Thursday	Friday
July 4th Menu 3 Hamburger on Wheat Bun [=] LS Baked Beans [=] Potato Salad [=] Cantaloupe or Strawberries* Lemonade	CLOSED 4 	Greek Salad 5 w/Chicken, Monterey Jack ***Spinach, Bell Pepper, Tomato, Green Onion, Carrots, Olives Lentil Soup Pita Bread Lemon Pudding	Baked Fish 6 (w/Dill or Lemon Sauce) LS Tomato Basil Soup Brown Rice **Butternut Squash ***Broccoli Salad w/raisin, red onion Apple or Cinnamon Applesauce	Santa Fe Chicken 7 Whole Grain Bread Assorted Salad Greens w/ Cucumber & Celery Roasted Corn [=] Banana [=]*Orange Juice
Beef Ravioli Vegetable Soup **Broccoli Romaine Salad w/Cucumbers *Fruit Cup Pineapple, Orange & Melon (mixed)	BBQ Chicken 10 Corn Muffin [=] Black Beans **Carrot Raisin Salad *Fruited Red Gelatin w/Mandarin Oranges	Meatloaf 11 (w/LS Mushroom Sauce) Whole Grain Bread, [=] Sage Mashed Potatoes Mesclun Salad Mix Apple or Applesauce [=]*Orange Juice	Turkey & Curry Vegetables 13 Bulgur Wheat ***Spinach Salad w/Bell Pepper Cauliflower & Peas [=] Banana	Tuna Salad Cold Plate 14 Mushroom Soup WG Roll or Bread, Mixed Salad Greens w/Leaf Lettuce & Tomatoes *Coleslaw Fresh Pear, Grapes or Plum
Oven Fried Chicken Cornbread Green Beans w/Olive Oil **[=] Baked Sweet Potato [=]*Orange or Tangerines or Cantaloupe**	Vegetarian Stew 17 w/ Beans and Cheese WG Roll or Bread, Mesclun Salad w/Romaine, Apple & Celery Corn and Peas [=] Banana [=]*Orange Juice	Chicken Salad Cold Plate 18 Vegetable Soup Whole Grain Bread or Roll **[=] Mixed Salad Greens w/Leaf Lettuce, Spinach, Kale, Tomatoes and Cucumber [=]*Fresh Fruit Cup w/ Strawberries, Melon, Grapes	Beef Tips w/Mushrooms 20 WG Roll or Bread *Coleslaw [=] Garlic Mashed Potatoes Fresh Pear or Peach or Unsweetened Canned	Turkey Bolognese 21 w/Penne Pasta [=] Lentil Soup Caesar Salad w/Romaine, Croutons, Parmesan **Vegetable Blend *Fruit Cup – Pineapple, Orange and mixed Melon
Beef Vegetable Stir Fry 24 w/ low sodium Ginger Sauce Jasmine Brown Rice Mixed Salad Greens w/Sesame Dressing Vegetable in Entree, Ginger Sliced Pear [=]*Orange Juice	Turkey Burger w/Lettuce & Tomato 25 WG Bun ***Broccoli Salad w/raisin, onion [=] Herb Roasted Potato Oatmeal Cookie	Baked Fish w/Herb Crust 26 Tartar Sauce Whole Grain Bread *[=] Beet & Onion Salad w/Mandarin Oranges **Herbed Carrots Fresh Fruit Cup – Assorted Seasonal Fruit	Chinese Chicken Salad Cold Plate 27 Ginger Carrot Soup Chinese Noodles or WG Bread [=] Mixed Salad Greens w/ Romaine, Cucumber, Bell Pepper & Tomatoes *Strawberries or Tangerine	Beef Fajita 28 Tortilla Mexican Rice, [=] ***Mixed Salad w/Spinach, Shredded Cabbage & Brussels Sprouts, LS Pinto Beans [=] Banana
* 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.				