


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 <i>Lentil Soup</i> Pita Bread Lemon Pudding	Baked Fish 6 (w/Dill or Lemon Sauce) <i>LS Tomato Basil Soup</i> 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 10 <i>Vegetable Soup</i> **Broccoli Romaine Salad w/Cucumbers *Fruit Cup Pineapple, Orange & Melon (mixed)	BBQ Chicken 11 Corn Muffin [=]Black Beans **Carrot Raisin Salad *Fruited Red Gelatin w/Mandarin Oranges	Meatloaf 12 (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 <i>Mushroom Soup</i> WG Roll or Bread, Mixed Salad Greens w/Leaf Lettuce & Tomatoes *Coleslaw Fresh Pear, Grapes or Plum`
Oven Fried Chicken 17 Cornbread Green Beans w/Olive Oil **[=]Baked Sweet Potato [=]*Orange or Tangerines or Cantaloupe**	Vegetarian Stew 18 w/ Beans and Cheese WG Roll or Bread, Mesclun Salad w/Romaine, Apple & Celery Corn and Peas [=]Banana [=]*Orange Juice	Chicken Salad Cold Plate 19 <i>Vegetable Soup</i> 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 [=] <i>Lentil Soup</i> 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 25 w/Lettuce & Tomato 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 27 Cold Plate <i>Ginger Carrot Soup</i> 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.			