

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.			Vegetarian Chili Beans Whole Grain Bread, Carrot Raisin Salad**, Broccoli**, [=]Banana, [=]*Orange Juice	Chicken & Vegetable Curry Stew Brown Rice, Mixed Salad Greens w/ Romaine, Leaf lettuce & Tomatoes, Cauliflower & Peas, *Fruit Cup Pineapple, Orange and Melon [=]
Swedish Meatballs w/Low Sodium Gravy Tarragon Noodles, Mesclun Salad w/Romaine, Apple & Celery, Corn & Lima Beans, [=]*Fruited Gelatin w/Mandarin Orange	Hawaiian Chicken Brown Rice Pilaf, Mixed Green Salad, **Ginger Carrots, [=]*Orange or Tangerines or Cantaloupe		Chicken Carnitas Vegetable Soup Flour or Corn Tortilla, ***Spinach Salad w/Mandarin Orange, [=]Black Beans, [=]Tapioca Pudding	Salisbury Steak Whole Grain Bread, [=]Rosemary Mashed Potatoes, Mixed Vegetables**, [=]Banana, [=]*Orange Juice`
Rosemary Garlic Chicken Lemon Orzo Soup Whole Grain Bread, *Coleslaw w/Shredded Cabbage & Brussels Sprouts, **Sweet Potatoes, Apple	Beef Stroganoff Parsley Noodles, Romaine Salad, Green Beans w/Olive Oil, Ginger Sliced/Diced Pear, [=]*Orange Juice	Chicken & Broccoli Casserole Whole Grain Bread, ***[=]Spinach & Cabbage Salad w/Cucumbers, Tomato & Bell Pepper, Fruited Gelatin w/Mixed Fruit	Spaghetti & Meatballs Pasta w/low sodium Tomato Sauce, Mixed Green Salad, **Carrots, Cauliflower, Zucchini, *Orange or Tangerines or Cantaloupe	Father's Day Yankee Pot Roast Noodles, Waldorf Salad, Green Beans, Cupcake [=]*Orange Juice 
Meatloaf w/ low sodium Sauce, Whole Grain Bread, Romaine Salad, **Mixed Vegetables, [=]*Orange or Tangerines or Cantaloupe	Chicken Cacciatore Vegetable Soup Whole Grain Bread, [=]***Spinach Salad w/ Shredded Cabbage & Mandarin Orange, **Broccoli, [=]Banana	Sloppy Joe Wheat Bun, **Carrot Raisin Salad, Peas & Corn, [=]Chocolate Pudding, [=]*Orange Juice	Baked Breaded Fish w/tartar sauce [=]Split Pea Soup Whole Grain Bread, *Red & Green Coleslaw, **Butternut Squash or Mashed Yam/Sweet Potato, Fresh Peach or Unsweetened Canned	Chicken Chili Brown Rice, Vegetables in entrée, Mixed Salad Greens, Oatmeal Cookie, [=]*Orange Juice
Stuffed Manicotti or Shells w/ Meat Sauce [=]Lentil Soup Mesclun Salad Mix, **Carrot & Zucchini Sauté, *Fruited Gelatin w/Pineapple & Mandarin	Soft Fish Taco w/ Salsa Tomato Soup Flour or Corn Tortilla, ***Shredded Cabbage, Bell Pepper, Shredded Carrots, Pinto Beans, [=]Lemon Pudding	Chicken Adobo Vegetable Brown Rice Pilaf, [=]Beet Salad w/Mandarin Oranges*, Green Bean Medley, [=]Banana	Turkey Tarragon Stew Bulgur Wheat, **Stew Vegetables, Mixed Green Salad w/assorted lettuce, *[=]Fruit Cup w/Pineapple, Orange, Melon (mixed)	Brisket w/ Caramelized Onions Whole Grain Bread, [=]Mashed Potatoes, Broccoli**, Apple, [=]Orange Juice**