

Monday	Tuesday	Wednesday	Thursday	Friday
Department of Aging requirements * Meets Vitamin C requirement **Meets Vitamin A requirement ***Meets Vitamin A & C [=] Potassium-rich [+] High Sodium over 1000 mg Lunch meets 1/3 requirement for the Recommended Daily Allowance. Menu is subject to change without notice	 			
Chicken Adobo 6 Brown Rice Butternut Squash or Sweet Potato** Green Beans w/Olive Oil Red Gelatin w/Assorted Fruit * [=] Orange Juice	Turkey & Curry Vegetables 7 [celery, corn, peas, turnips] <i>Mushroom Soup</i> Whole Grain Roll Green Peas *** [=] Spinach Salad w/Kale, Bell Pepper, Cucumber Banana	BBQ Chicken 8 Cornbread **Herbed Carrots Mesclun Salad w/Beets, LS Garbanzo Beans * [=] Pineapple and Mandarin Fruit Cup	Chinese Chicken Salad 2 Crunchy Rice Noodle Garnish <i>Chinese Vegetable Soup</i> Whole Grain Roll Entrée Salad – ***Mesclun Salad Mix w/Spinach, Carrots, Cabbage, Bell Pepper, Celery, Cucumber w/Sesame Dressing *Fruit Cup- Melon, Orange, Strawberries	Turkey a La King 3 [mushrooms, celery] Parsley Noodles **Broccoli Mixed Green Salad w/Romaine, Radish *Pineapple and Mango Fruit Cup
Turkey Bolognese w/LS Tomato Sauce 13 Whole Grain Penne Pasta <i>[=] Lentil Soup</i> Herbed Zucchini & Yellow Squash Caesar Salad w/Romaine, Croutons, Parmesan *Pineapple and Mango Fruit Cup	Meatloaf w/LS Mushroom Sauce 14 (Ground Turkey) Whole Grain Bread [=] Sage Mashed Potatoes **Broccoli ***Cantaloupe or ** [=] Orange or Tangerine	Baked Salmon w/Dill Sauce 15 <i>[=] Minestrone Soup</i> Brown Rice Pilaf Roasted Corn *** [=] Spinach Salad w/Kale, Bell Pepper, Cucumbers Apple	Lasagna w/Ground Beef w/LS Tomato Sauce 9 (Mozzarella Cheese) Pasta in Entrée Roasted Brussels Sprouts Mixed Salad Greens w/Radish Apple or Applesauce * [=] Orange Juice	[=] Tuna Salad Plate 10 [Celery and Onion] <i>LS Tomato Soup</i> Whole Grain Roll Entrée Salad *** [=] Mixed Salad Greens with Cucumber, Mushrooms, Bell Pepper, Carrots and Tomato ***Cantaloupe OR ** [=] Orange OR Tangerine
Spinach Quiche (Swiss Cheese, Eggs) 20 <i>Hearty Vegetable Soup</i> Barley Pilaf w/Herbs Green Beans w/Almonds ***Broccoli Salad [broccoli, raisins, red onions] Apple or Applesauce	Chicken Milanese 21 Linguine w/LS Marinara Sauce Cauliflower & Zucchini Caesar Salad w/Romaine, Croutons, Parmesan Mango & Pineapple	Southwest Turkey Salad 22 <i>Tortilla Soup</i> Entrée Salad - Mixed Salad Greens w/Shredded Cabbage, Corn, Black Beans Whole Grain Roll ***Cantaloupe	Oven Fried Chicken 16 Macaroni & Cheese Green Beans w/Herbs *Coleslaw Banana	Roast LS Turkey Breast w/LS gravy 17 Whole Grain Bread Stuffing Roasted Brussels Sprouts ** [=] Fresh Whole Sweet Potato or Yam Chocolate Chip Cookie * [=] Orange Juice
Turkey Vegetable Stir Fry 27 (celery, onions, mushrooms) Jasmine Brown Rice Vegetable in Entrée **Carrot, Bell Pepper Salad * [=] Orange	Tuna Salad Cold Plate 28 (Celery, Onion) <i>Split Pea Soup</i> Whole Grain Roll Herbed Potato Salad *Red & Green Coleslaw Banana	Beef Enchilada Casserole 29 (w/Jack Cheese) Corn Tortilla in Entrée Green Beans w/Mushrooms Mesclun Salad Mix * [=] Fruit Cup w/Mandarin, Pineapple and Mango	Asian Beef Pepper Steak 23 Brown Rice **Mixed Asian Vegetables [broccoli, bamboo shoots, bell peppers, onions] *Beet Salad w/Mandarin Oranges Fresh Peach or Fresh Pear	Southwest Shredded Chicken 24 <i>Corn Chowder</i> Warm Tortilla LS Pinto Beans *Shredded Cabbage w/Tomato Banana
			Tandoori Chicken 30 <i>Tuscan Vegetable Soup</i> Pita Bread **Ginger Carrots Mixed Salad Greens w/Radish, Cucumber * [=] Cantaloupe or Tangerine	Spaghetti w/Meatballs (Ground Turkey) 31 WG Pasta w/LS Sauce **Mixed Vegetable Blend (Zucchini, Broccoli, Cauliflower) Caesar Salad w/Romaine, Croutons, Parmesan Oatmeal Cookie * [=] Orange Juice

