


Monday	Tuesday	Wednesday	Thursday	Friday
Easter Menu <u>1</u> LS Turkey w/ls sauce [=]**Whipped Sweet Potato Mixed Green Salad w/Spinach & Strawberries *[-] Orange Juice Brown Rice Pilaf Whole Grain Roll Tapioca OR Lemon Pudding 	Mediterranean Chicken <u>2</u> **Roasted Vegetables (Carrots, Onions, Peppers, Tomatoes) LS Lentil Salad w/Cucumbers & Vinaigrette Dressing *Cantaloupe or Tangerine Brown Rice Pilaf Pita Bread & Hummus	LS Roast Turkey Breast <u>3</u> w/LS Gravy Cranberry Sauce **Butternut Squash Green Peas w/Mushrooms *Kiwi or Orange Whole Grain Stuffing	Tuna Nicoise Salad <u>4</u> Cold Plate (Tuna, w/Celery & Onion) Herbed Potato Salad *Creamy Coleslaw Fresh Apple Whole Grain Roll	Beef Fajita <u>5</u> (Peppers & Onions) LS Pinto Beans Tossed Green Salad w/Cilantro Dressing *Pineapple & Mango Fruit Cup Spanish Brown Rice Warm Flour Tortilla
Chicken Dijon <u>8</u> Rosemary Mashed Potatoes *Chopped Salad w/Kale, Lettuce, Cucumber Fresh Fruit in Season Whole Grain Roll	Stuffed Bell Pepper <u>9</u> (Ground Turkey, Barley) Mixed Vegetables Romaine Salad w/Tomatoes Apple *[-] Orange Juice Dinner Roll Red Gelatin Cubes w/Yogurt	Vegetable Frittata <u>10</u> (Eggs, Tofu, Mushrooms, Onions, Potatoes, Cheese garnish) ***Spinach, Shredded Cabbage & Brussels Sprouts Salad Pear OR Nectarine Whole Grain Roll	Korean BBQ (Beef) <u>11</u> w/BBQ Sauce Sauté Zucchini w/Sesame Seeds ***Broccoli Salad w/Sliced Radish Pineapple Herbed Brown Rice	Fish & Chips <u>12</u> (Breaded) **Roasted Sweet Potato Wedges *Coleslaw Banana OR Grapes Whole Grain Roll
Turkey Vegetable <u>15</u> Stir Fry (Broccoli, Bamboo Shoots, Carrots, Water Chestnuts) *Cabbage, Cucumber, Radish Salad w/Sesame Dressing Poached Ginger Pear Brown Rice Tapioca Pudding	Meatloaf w/LS Gravy <u>16</u> (Ground Beef) Garlic Mashed Potatoes Green Beans *Cantaloupe OR Orange Whole Grain Roll	Caribbean Chicken <u>17</u> w/Black Bean Sauce **Broccoli ***Carrot, Bell Pepper, Celery Salad Fresh Fruit in Season Brown Rice Pilaf	Fish Taco <u>18</u> (Not Breaded) LS Pinto Beans Corn ***Chopped Mixed Salad w/Romaine, Kale Fresh Peach OR Plum Warm Corn Tortilla	Beef Bolognese <u>19</u> w/Penne Pasta Herbed Zucchini & Yellow Squash Caesar Salad w/Croutons Fruit Cup (Apple & Melon) *Orange Juice WG Penne Pasta
Southwest Shredded <u>22</u> Chicken LS Pinto Beans ***Spinach Salad w/Kale, Bell Pepper, Cucumber Fresh or Unsweetened Peaches or Melon Warm Tortilla	Shepherd's Pie <u>23</u> (Ground Turkey) Mashed Potatoes **Carrots Mixed Salad Greens *Orange or Kiwi Whole Grain Roll	Baked Fish Almondine <u>24</u> Green Beans w/Herbs *Coleslaw w/Bell Pepper Barley w/Herbs Yogurt Parfait with Fruit in Dessert (Berries)	Chicken Adobo <u>25</u> Green Peas Mesclun Salad w/Garbanzo Beans *Pineapple & Mango Fruit Cup Brown Rice	Garden Vegetable Lasagna <u>26</u> (2 eggs w/ Tofu OR White Beans (mashed), Ricotta, Zucchini & Mushrooms, Parmesan, Whole Grain Lasagna Pasta) Broccoli** Caesar Salad *Cantaloupe or Orange
Baked Pollock <u>29</u> w/Lemon Sauce Mixed Veg Blend ***Broccoli Salad Cinnamon Applesauce Whole Grain Roll	Cashew Chicken <u>30</u> Lo Mein Noodles Green Peas *LS Beet & Mandarin Orange Salad Fresh Fruit (in season) Whole Grain Roll	Department of Aging requirements: Lunch meets 1/3 requirement for the Recommended Daily Allowance. * Meets Vitamin C requirement **Meets Vitamin A requirement ***Meets Vitamin A & C [-] Potassium-rich Suggested donation - \$3.00 per meal. Menu is subject to change without notice.		