

Monday	Tuesday	Wednesday	Thursday	Friday
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		Low-Fat Milk (8oz) is included daily. Suggested donation - \$3.00 per meal. Menu is subject to change without notice.		
Vegetarian Chili <u>6</u> (Pinto & Kidney Beans, Tomatoes, Cheese Garnish) **Broccoli Mixed Salad Greens *Pineapple & Mango Fruit Cup Whole Grain Bread	Hawaiian Chicken Breast <u>7</u> (w/LS Sauce, Water Chestnuts, Mushrooms, Pineapple Garnish) Mesclun Salad *Cantaloupe or Tangerine Jasmine Brown Rice or Brown Rice	Baked Pollack w/Lemon Sauce <u>1</u> Lentil Soup Yellow Squash ***Broccoli Salad Unsweetened Applesauce Barley Pilaf	BBQ Chicken w/LS Sauce <u>2</u> Tri-Color Coleslaw Canned Pear in Juice or Melon Mac & Cheese Whole Grain Roll	Open Face Hot Turkey Sandwich w/gravy <u>3</u> Chicken Soup Green Beans ***Spinach Salad w/Shredded Cabbage *Orange Whole Grain Bread
Mediterranean Chicken Breast <u>13</u> **Sauté Spinach LS Tomato & Cucumbers Salad *Kiwi OR Orange Barley w/Herbs	Spaghetti w/Meat Sauce <u>14</u> (Ground Turkey, LS Tomato) LS Mushroom Soup Green Beans ***Chopped Salad w/Kale Fresh or Unsweetened Pear OR Peach Whole Grain Spaghetti Chocolate Pudding	Turkey Milanese Breast w/LS Red Sauce <u>8</u> Zucchini ***Chopped Mixed Salad w/Spinach, Kale, Bell Pepper Banana Whole Grain Linguine Lemon Pudding	Salmon w/Dill Sauce <u>9</u> Split Pea Soup Green Beans LS Beet Salad *Orange Whole Grain Roll	Asian Beef Stir Fry <u>10</u> Hot & Sour Soup Mixed Asian Vegetables** (Broccoli, Bell peppers, Onions) **Carrot Raisin Salad *Kiwi Brown Rice
Korean BBQ (Beef) <u>20</u> w/LS Korean BBQ sauce Herb Zucchini ***Broccoli Salad w/sliced Radish Pineapple Herbed Brown Rice	Fish Vera Cruz <u>21</u> LS Garden Vegetable Soup LS Black Beans *Creamy Coleslaw Banana Whole Grain Bread <u>OR</u> Warm Whole Grain Tortilla	Beef Fajita (Strips) <u>15</u> (Peppers & Onions) LS Pinto Beans Tossed Green Salad *Cantaloupe or Tangerine Whole Grain Warm Tortilla	LS Roast Turkey Breast w/LS Gravy <u>16</u> **Fresh Baked Yam or Sweet Potato Herbed Brussel Sprouts *Pineapple & Mango Fruit Cup Whole Grain Bread	Tuna Salad Cold Plate <u>17</u> <u>or Baked Fish w/Tartar scc</u> Corn Chowder Soup Herbed Potato Salad <u>or</u> Herb Roasted Potatoes *Creamy Coleslaw Baked Apple OR Unsweetened Applesauce Whole Grain Roll
Breaded Baked Fish w/Tartar Sauce <u>27</u> LS Butternut Squash OR Pumpkin Soup **Yam or Sweet Potato *LS Beet & Mandarin Orange Salad Fresh or Unsweetened Peaches <u>OR</u> Plum Whole Grain Bread	House Made Meatloaf w/Gravy <u>28</u> (Ground Beef) Garlic Mashed Potatoes Brussels Sprouts *Pineapple/Mango Fruit Cup Whole Grain Roll	Chicken Dijon <u>22</u> Tomato Basil Soup Green Beans ***Chopped Salad W/Kale, Lettuce, Cucumber, Carrots Fresh or Unsweetened Peaches OR Peach Whole Grain Roll	Stuffed Bell Pepper <u>23</u> (Ground Beef, Barley in Entrée) Green Peas Romaine Salad w/Tomato *Orange or Tangerine Dinner Roll Oatmeal Cookie	Vegetarian Paella <u>24</u> (Garbanzo Beans, Tomato & Red Pepper, Brown Rice in entrée) Broccoli **Spinach Salad *Mango
		Turkey Vegetable Stir-fry <u>29</u> LS Vegetable Soup Asian Veg. Blend (Broccoli, Bamboo Shoots, Water Chestnuts) *Cabbage, Cucumber, Radish Salad w/Sesame dressing Poached Ginger Pear <u>OR</u> unsweetened canned Lo Mein Noodles Whole Grain Bread	Caribbean Chicken <u>30</u> LS Red Beans **Mesclun Salad w/Shredded Carrots *Kiwi Brown Rice Pilaf	Bolognese w/Penne Pasta <u>31</u> (Ground Beef, Tomato sauce) Herbed Zucchini & Yellow Squash Caesar Salad w/croutons Fruit Cup (Apple & Melon) *Orange Juice Whole Grain Pasta Tapioca Pudding



