

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cesar Chavez Day 31 Chicken Mole ** Peas & Carrots Warm Flour Tortilla Spanish Brown Rice Tomato Cucumber Salad Fresh Fruit in Season * [=] Orange Juice Flan	Beef Fajita 1 (beef strips, peppers & onions) LS Pinto Beans Tossed Green Salad w/ Cilantro Dressing *Pineapple & Mango Fruit Cup Whole Grain Warm Tortilla	Mediterranean Chicken 2 **Roasted Vegetables (carrots, onions, peppers, tomatoes) LS Lentil Salad w/Cucumbers & Vinaigrette Dressing *Cantaloupe or Tangerine Brown Rice Pilaf Pita Bread	LS Roast Turkey Breast 3 w/ LS Gravy Cranberry Sauce **Fresh Baked Yam or Sweet Potato **Spinach Salad *Kiwi or Orange Whole Grain Stuffing Lemon Pudding	Tuna or Baked Fish 4 Herbed Potatoes *Creamy Coleslaw Baked Apple or Applesauce Whole Grain Roll or Noodles
Fish Creole 7 LS Red Beans *Creamy Coleslaw Pear or Plum Warm Whole Grain Tortilla Red Gelatin	Chicken Dijon w/ LS Sauce 8 Herb Zucchini & Green Beans ***Chopped Salad w/ Kale (Lettuce, Cucumber, Carrots) Fresh Fruit in season Whole Grain Roll	Stuffed Bell Pepper 9 (Ground Turkey, Barley) Mixed Vegetables Romaine Salad w/Tomatoes Apple * [=] Orange Juice Dinner Roll	Korean BBQ (Beef) 10 w/ LS BBQ Sauce Sauté Zucchini w/ Sesame Seeds ***Broccoli Salad w/sliced Radish Pineapple Herbed Brown Rice	Tuscan Bean Stew 11 (LS Beans, Mushrooms, Carrots, Celery) Roasted Cauliflower **Spinach Salad *Orange Whole Grain Roll
Savory Beef Stew 14 (not ground) (Carrots, Celery, Onion**) Mashed Potatoes Roasted Brussels Sprouts *Orange Whole Grain Roll or Bread	LS Turkey Vegetable 15 Stir-Fry (Broccoli, Bamboo Shoots, Water Chestnuts) *Cabbage, Cucumber, Radish Salad w/Sesame Dressing Poached Ginger Pear Lo Mein Noodles Whole Grain Bread	Caribbean Chicken 16 LS Black Beans Corn ***Carrot, Bell Pepper, Celery Salad Fresh Fruit in Season Brown Rice Pilaf	Turkey Bolognese 17 w/ Penne Pasta (LS Tomato Sauce, Whole Grain Pasta) Herbed Zucchini & Yellow Squash Caesar Salad w/Croutons Fruit Cup (Apple & Melon) *Orange Juice	Easter Holiday Menu 18 LS Turkey w/ LS Sauce ** [=] Whipped Sweet Potato Mixed Green Salad w/ Spinach & Strawberries Brown Rice Pilaf * [=] Orange Juice Tapioca OR Lemon Pudding WG Roll 
Southwest Shredded 21 Chicken w/ LS Sauce LS Pinto Beans *Shredded Cabbage Mixed Salad Greens & Radish Fresh or Unsweetened Peaches or Melon Whole Grain Warm Tortilla	Shepherd's Pie 22 (ground beef) w/ Mashed Potatoes **Carrots Mixed Salad Greens *Kiwi Whole Grain Roll	Baked Fish Almondine 23 Green Beans w/Herbs ***Spinach Salad w/Kale, Bell Pepper, Cucumber Barley w/Herbs Yogurt Parfait with Fruit in Dessert (berries)	Cashew Chicken 24 Green Peas LS Beet & Mandarin Orange Salad* Fresh Fruit in Season Brown Rice	Vegetable Lasagna 25 (2 eggs w/ tofu OR white beans (mashed), ricotta, zucchini & mushrooms, WG lasagna pasta parmesan garnish) Broccoli** Caesar Salad *Cantaloupe or Orange
Open Face Hot Turkey 28 Sandwich w/LS Gravy Green Beans Mashed Potatoes **Spinach Salad w/Shredded Cabbage, Dried Cranberries *100% Orange Juice Whole Grain Bread	Baked Pollack 29 w/Lemon Sauce OR Quiche (2 eggs, tofu, spinach, mushrooms & cheese garnish) Mixed Veg Blend WG Roll or Bread *** Broccoli Salad Applesauce	BBQ Chicken 30 w/ LS Sauce ** Yam or Sweet Potato *** Tri Color Coleslaw Peach or Pear Brown Rice	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 requirement [=] Potassium-rich NOTE: Menu is subject to change without notice. Suggested voluntary contribution – \$3.00 per meal	