

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 	Baked Fish w/Vera Cruz 1 w/LS Sauce <i>LS Potato Leek Soup</i> Whole Grain Dinner Roll Green Beans with Herbs & Olive Oil [=]LS Beet Salad w/Orange Chocolate Pudding	SW Chicken Salad 2 ***Shredded Cabbage, Brussels Sprouts, Kale w/Tomato, Tortilla Strips w/Cilantro dressing <i>LS Vegetable Soup</i> Warm Tortilla LS Black Bean & Corn Salad Fresh Fruit Cup	Beef Vegetable Stir Fry 3 w/LS Ginger Sauce (celery, onions, broccoli, bamboo shoots) <i>[=]LS Red Bean Ginger Soup</i> Jasmine Brown Rice ***Spinach Salad w/Mandarin Orange & LS Asian dressing [=]Banana	Meatloaf 4 Ground Turkey w/LS Mushroom Sauce Whole Grain Bread [=]Sage Mashed Potatoes w/LS Gravy **Carrots & Green Peas *[=] Cantaloupe or Orange or Tangerine
Caribbean Chicken 7 <i>LS Vegetable Black Bean Soup</i> Brown Rice Corn ***[=] Mixed Salad w/Kale, Shredded Brussels Sprouts, Lettuce, Spinach Fresh peach or Nectarine or Unsweetened Canned	Turkey Caesar Salad 8 w/Romaine, Croutons, Parmesan, Caesar dressing <i>LS Minestrone Soup</i> Whole Grain Roll LS Marinated 3-Bean Salad *[=]Orange	Baked Herb Fish 9 w/Tartar Sauce <i>Albondigas Soup</i> Whole Grain Roll **Whipped Sweet Potato or Yam ***Broccoli Salad [broccoli, raisins, red onion] [=]Lemon Pudding	Chicken Adobo 10 Whole Grain Roll Barley w/Herbs **Carrots w/Fresh Herbs *Coleslaw [red & green cabbage] Fresh Fruit in Season	Enchilada Casserole 11 Ground Beef, Jack Cheese, Corn Tortilla w/LS Sauce LS Pinto Beans Mesclun Salad Mix w/Cilantro dressing *[=]Fruit Cup w/Mandarin, Pineapple and Mango
Shepherds Pie 14 Ground Turkey, w/Mushrooms, Green Beans, Mashed Potatoes Whole Grain Roll **Broccoli Assorted Salad Greens w/Celery, Apple & Ranch dressing [=]Banana *[=]Orange Juice	Beef Fajita 15 (w/peppers & onions) Warm Flour Tortilla Spanish Rice [=]LS Pinto Beans **Carrot, Raisin Salad *[=]Cantaloupe	Garlic Roasted Chicken 16 Whole Grain Noodles w/Herbs Whipped Cauliflower *Coleslaw (red & green cabbage) Peach or Nectarine or Plum	[=]Tuna Salad Plate 17 (w/celery & onion) Green Salad w/Tomato, Radish, Cucumber, 1000 Island dressing <i>[=]LS Corn Chowder</i> Whole Grain Bread ***Broccoli Salad *[=]Fruit Cup w/Melon & Strawberries	Chicken Cacciatore 18 w/LS Tomato Sauce <i>[=]LS Lentil Soup</i> Whole Grain Baked Ziti ***Carrots & Zucchini w/Herbs *Mixed Salad Greens w/Brussels Sprouts, Bell Pepper Apple
Swedish Meatballs 21 Ground Beef w/LS Sauce Whole Grain Tarragon Noodles *[=]LS Beet w/Mandarin Orange Peas w/Onions [=] Banana	Oven Fried Chicken 22 <i>LS Vegetable Barley Soup</i> Macaroni & Cheese **[=]Fresh Baked Sweet Potato *Coleslaw w/Pineapple Fresh Fruit in Season	Turkey Chow Mein 23 Vegetable in entrée (celery, corn, peas, turnips) Jasmine Brown Rice Mixed Green Salad w/Tomato, radish, LS Asian dressing *[=]Fruit Cup w/Melon, Strawberries	Cheeseburger 24 (Lettuce, Tomato, Onions) Whole Grain Bun [=] Oven Roasted Red Potato **Carrot Raisin Salad Tapioca or Rice Pudding *[=]Orange Juice	Baked Salmon 25 w/Dill Sauce <i>LS Split Pea Soup</i> Whole Grain Roll Whipped Cauliflower ***Spinach Salad w/Mandarin Orange Fresh Peach or Pear
Cashew Chicken 28 <i>LS Egg Drop Soup</i> Jasmine Brown Rice **Carrots & Zucchini w/Herbs *Coleslaw Mixed Fresh Fruit Cup	Stuffed Bell Pepper 29 Ground Beef w/LS Tomato Sauce Whole Grain Roll **Broccoli Crowns ***[=]Mixed Salad w/Kale, Brussels Sprouts & Mango [=]Vanilla Pudding	Vegetable Quiche 30 (Eggs, Swiss Cheese, Mushrooms) <i>LS Butternut Squash Soup</i> Vegetable Barley Pilaf Peas and Onions **[=]Spinach Salad w/Tomato, Vinaigrette Drssg. *[=]Orange	Chinese Chicken Salad 31 <i>LS Chinese Vegetable Soup</i> [=]*Mixed Salad Greens w/Shredded Cabbage, Bamboo Shoots, Mandarin Sesame Dressing Whole Grain Roll LS Beet and Onion Salad Fresh Fruit in Season	Suggested Donation- \$3.00 per meal Lunch service begins @ 11:45 Menu is subject to change without notice 