

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Adobo <u>1</u> Green Peas ***Marinated Bell Pepper & Tomato Fresh or Unsweetened Pear or Peach Spanish Brown Rice	Quiche <u>2</u> (Eggs, Tofu, Spinach, Mushrooms, Cheese Garnish) L/S Italian Wedding Soup **Broccoli Caesar Salad w/Caesar Drg. *Orange Whole Grain Bread	Shepherd's Pie <u>3</u> (Ground Beef) Mashed Potatoes **Carrots Mixed Salad Greens Pineapple/Mango Fruit Cup Whole Grain Roll	Baked Fish Almandine <u>4</u> L/S Mushroom Soup Green Beans w/Herbs ***Spinach Salad w/Kale, Cucumber, Mandarin Orange Barley w/Herbs Yogurt Parfait w/Berries	Grab and Go Sack Lunches <u>5</u> (Due to multi-Purpose room renovation)
Grab and Go Sack Lunches <u>8</u> (Due to multi-Purpose room renovation)	Grab and Go Sack Lunches <u>9</u> (Due to multi-Purpose room renovation)	Grab and Go Sack Lunches <u>10</u> (Due to multi-Purpose room renovation)	Grab and Go Sack Lunches <u>11</u> (Due to multi-Purpose room renovation)	Grab and Go Sack Lunches <u>12</u> (Due to multi-Purpose room renovation)
Vegetarian Chili <u>15</u> (L/S Pinto & Kidney Beans, L/S Tomatoes, Cheese Garnish) **Broccoli Mixed Salad Greens *Pineapple & Mango Fruit Cup Whole Grain Bread	Hawaiian Chicken Breast <u>16</u> (L/S Sauce, Water Chestnuts, Mushrooms, Pineapple Garnish) Mesclun Salad *Cantaloupe or Tangerine Jasmine Brown Rice or Brown Rice	Turkey Milanese w/LS Red Sauce <u>17</u> Zucchini ***Chopped Mixed Salad w/Spinach, Kale, Bell Pepper Banana Whole Grain Linguine Lemon Pudding	Salmon w/Dill Sauce <u>18</u> L/S Split Pea Soup Green Beans L/S Beet Salad *Orange Whole Grain Roll	Father's Day Menu <u>19</u> Pot Roast (w/Carrots, Celery) [=]Sage Mashed Potatoes Peas w/Pearl Onions Fresh Fruit in Season *[=]Orange Juice WG Dinner Roll Chocolate Cake 
Mediterranean Chicken Breast <u>22</u> **Sauté Spinach L/S Tomato & Cucumbers Salad *Kiwi OR Orange Barley w/Herbs	Spaghetti w/Meat Sauce <u>23</u> (Ground Turkey, LS Tomato) L/S Mushroom Soup Green Beans ***Chopped Salad w/Kale Fresh or Unsweetened Pear OR Peach Whole Grain Spaghetti Chocolate Pudding	Beef Fajita (Strips) <u>24</u> (w/Peppers & Onions) L/S Pinto Beans Tossed Green Salad *Cantaloupe or Tangerine Whole Grain Warm Tortilla	LS Roast Turkey Breast <u>25</u> w/Gravy **Fresh Baked Yam or Sweet Potato Herbed Brussel Sprouts *Pineapple & Mango Fruit Cup Whole Grain Bread	Tuna Salad Cold Plate <u>26</u> (w/Celery and Onions) L/S Corn Chowder Herb Potato Salad *Creamy Coleslaw Baked Apple or Unsweetened Applesauce Whole Grain Roll
Korean BBQ (Beef) <u>29</u> w/LS Korean BBQ sauce Herb Zucchini ***Broccoli Salad w/sliced Radish Pineapple (in own juice) Herbed Brown Rice	Fish Vera Cruz <u>30</u> L/S Garden Veg. Soup L/S Black Beans *Creamy Coleslaw Banana Whole Grain Bread or Whole Grain Warm Tortilla			Low-Fat Milk (8oz) is included daily. Suggested donation \$3.00 per meal. Menu is subject to change without notice.
			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	