

| Monday                                                                                                                                                                                                                                                                                                                                                                                                                            | Tuesday                                                                                                                                                                                                                                                                                                    | Wednesday                                                                                                                                                                                                                                                                                      | Thursday                                                                                                                                                                                                                                                                         | Friday                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| <p><b>Department of Aging requirements:</b> Lunch meets 1/3 requirement for the Recommended Daily Allowance.<br/>           * Meets Vitamin C requirement<br/>           **Meets Vitamin A requirement<br/>           ***Meets Vitamin A &amp; C [=] Potassium-rich<br/> <b>Low-Fat Milk (8oz) is included daily.</b><br/> <b>Suggested donation - \$3.00 per meal.</b><br/> <b>Menu is subject to change without notice.</b></p> |                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                              | <p><b>Tamale Pie</b> <u>1</u><br/>           (Ground Turkey, Cheese garnish, Polenta/Cornmeal)<br/>           LS Black Beans<br/>           Mesclun Salad Mix<br/>           *Pineapple/Mango Fruit Cup<br/>           Oatmeal Cookie</p>                                        | <p><b>Meatloaf w/LS Gravy</b> <u>2</u><br/>           (Ground Beef)<br/>           Garlic Mashed Potatoes<br/>           Roasted Brussels Sprouts<br/>           *Orange<br/>           Whole Grain Roll</p>                                                                                                                                                                                                                       |
| <p><b>Cinco de Mayo Menu</b> <u>5</u><br/> <b>Beef Tamale</b><br/>           [=]LS Pinto Beans<br/>           Mexican Brown Rice<br/>           Mixed Green Salad w/Shredded Cabbage<br/>           Fresh Fruit in Season<br/>           * [=]Orange Juice<br/>           Flan</p>                                                               | <p><b>Turkey Milanese w/Red Sauce</b> <u>6</u><br/>           Whole Grain Linguine<br/>           Cauliflower &amp; Zucchini<br/>           **Carrot Raisin Salad<br/>           *Orange<br/>           Vanilla Yogurt Parfait w/granola</p>                                                               | <p><b>Salmon w/Dill Sauce</b> <u>7</u><br/>           Green Beans<br/>           Chopped Mixed Salad w/Spinach, Kale, Bell Pepper<br/>           Cinnamon Applesauce<br/>           Whole Grain Roll</p>                                                                                       | <p><b>Asian Beef Stir Fry</b> <u>8</u><br/>           Mixed Asian Vegetables**<br/>           (Broccoli, Bamboo Shoots, Bell Peppers, Onions)<br/>           LS Beet Salad<br/>           * [=]Cantaloupe or Tangerine<br/>           Brown Rice</p>                             | <p><b>Mother's Day Menu</b> <u>9</u><br/> <b>Herb Lemon Chicken</b><br/>           Brown Rice Pilaf<br/>           **Baked Butternut Squash OR<br/>           Fresh Sweet Potato<br/>           Romine Salad<br/>           Fresh Fruit in Season<br/>           * [=]Orange Juice<br/>           Wheat Roll<br/>           Decorated Cake</p>  |
| <p><b>Spaghetti w/Meat Sauce</b> <u>12</u><br/>           (Ground Turkey, ls tomato sce)<br/>           **Broccoli<br/>           Caesar Salad<br/>           Fresh Pear or Peach<br/>           * [=]Orange Juice<br/>           WG Spaghetti</p>                                                                                                                                                                                | <p><b>Beef Fajita</b> <u>13</u><br/>           (Beef Strips, Peppers &amp; Onions)<br/>           LS Pinto Beans<br/>           Corn<br/>           Tossed Green Salad w/Cilantro Dressing<br/>           *Pineapple &amp; Mango Fruit Cup<br/>           Whole Grain Warm Tortilla</p>                    | <p><b>Mediterranean Chicken</b> <u>14</u><br/>           **Roasted Vegetables (Carrots, Onions, Peppers, Tomatoes)<br/>           LS Lentil Salad w/Cucumbers &amp; Vinaigrette Dressing<br/>           *Cantaloupe or Tangerine<br/>           Brown Rice Pilaf<br/>           Pita Bread</p> | <p><b>Baked Fish</b> <u>15</u><br/>           w/Dijon Sauce<br/>           Herbed Roasted Potatoes<br/>           *Creamy Coleslaw<br/>           Baked Apple or Applesauce<br/>           Whole Grain Roll</p>                                                                  | <p><b>LS Roast Turkey Breast</b> <u>16</u><br/> <b>w/LS Gravy</b><br/>           Cranberry Sauce<br/>           **Fresh Baked Yam or Sweet Potato<br/>           **Spinach Salad<br/>           *Kiwi or Orange<br/>           WG Stuffing<br/>           Lemon Pudding</p>                                                                                                                                                        |
| <p><b>Fish Creole</b> <u>19</u><br/>           LS Red Beans<br/>           *Creamy Coleslaw<br/>           Pear or Plum<br/>           Warm Whole Grain Tortilla</p>                                                                                                                                                                                                                                                              | <p><b>Chicken Dijon</b> <u>20</u><br/>           Herb Zucchini &amp; Green Beans<br/>           ***Chopped Salad w/Kale, Lettuce, Cucumber, Carrots<br/>           Fresh Fruit in Season<br/>           Whole Grain Roll</p>                                                                               | <p><b>Stuffed Bell Pepper</b> <u>21</u><br/>           (Ground Turkey, Barley)<br/>           Mixed Vegetables<br/>           Romaine Salad w/Tomatoes<br/>           Apple<br/>           * [=]Orange Juice<br/>           Dinner Roll</p>                                                    | <p><b>Tuscan Bean Stew</b> <u>22</u><br/>           (LS Beans, Mushrooms, Carrots, Celery)<br/>           Roasted Cauliflower<br/>           **Spinach Salad<br/>           *Orange<br/>           Whole Grain Roll</p>                                                          | <p><b>Memorial Day Menu</b> <u>23</u><br/> <b>BBQ Beef</b><br/>           Roasted Corn<br/>           Tossed Green Salad<br/>           Macaroni Salad<br/>           Watermelon<br/>           Whole Grain Bun<br/>           * [=]Orange Juice</p>                                                                                          |
| <p><b>CLOSED</b><br/>           ★ IN OBSERVANCE OF ★<br/> <b>MEMORIAL DAY</b></p>                                                                                                                                                                                                                                                                                                                                                 | <p><b>Turkey Vegetable Stir-Fry</b> <u>27</u><br/>           (LS Turkey, Broccoli, Bamboo Shoots, Water chestnuts)<br/>           *Cabbage, Cucumber, Radish<br/>           Salad w/Sesame Dressing<br/>           Poached Ginger Pear<br/>           Lo Mein Noodles<br/>           Whole Grain Bread</p> | <p><b>Caribbean Chicken</b> <u>28</u><br/>           LS Black Beans<br/>           Corn<br/>           ***Carrot, Bell Pepper, Celery Salad<br/>           Fresh Fruit in Season<br/>           Brown Rice Pilaf</p>                                                                           | <p><b>Bolognese w/Whole Grain Penne Pasta</b> <u>29</u><br/>           (Ground Turkey, Tomato sauce)<br/>           Herbed Zucchini &amp; Yellow Squash<br/>           Caesar Salad w/Croutons<br/>           Fruit Cup (Apple &amp; Melon)<br/>           * [=]Orange Juice</p> | <p><b>Fish &amp; Chips</b> <u>30</u><br/>           **Roasted Sweet Potato<br/>           Wedges<br/>           *Coleslaw<br/>           Fresh Peach OR Plum<br/>           Whole Grain Roll or Bread<br/>           Tapioca Pudding</p>                                                                                                                                                                                           |