

| [Monday                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                           | Tuesday                                                                                                                                                                                                                                   | Wednesday                                                                                                                                                                                                                                 | Thursday                                                                                                                                                                                                                                                              | Friday                                                                                                                                                 |
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| Department of Aging requirements:<br>Lunch meets 1/3 requirement for the Recommended Daily Allowance.<br>* Meets Vitamin C requirement **Meets Vitamin A requirement<br>***Meets Vitamin A & C<br>[=] Potassium-rich   [+] High Sodium Over 1000mg.<br>Suggested donation - \$3.00<br><b>Menu is subject to change without notice.</b> |                                                                                                                                                                                                                           |                                                                                                                                                                                                                                           | <b>Turkey Vegetable Stew 1</b><br>(mushrooms, peas, carrots)**<br>Barley Pilaf<br>**Vegetable in Entrée<br>Green Beans<br>Mixed Salad Greens w/Ranch dressing<br>[=]Lemon Pudding<br>*[=]Orange Juice                                     | <b>Asian Beef Stir Fry 2</b><br>Brown Rice<br>**Mixed Asian Vegetables [broccoli, bamboo shoots, bell peppers, onions]<br>*LS Beet Salad w/Mandarin Oranges<br>Ginger Poached Pear                                                                                    | <b>Southwest Shredded Chicken 3</b><br>Warm Corn Tortilla<br>LS Pinto Beans<br>Carrots**<br>*Shredded Cabbage w/Tomato, Cilantro dressing<br>[=]Banana |
| <b>Roast LS Turkey Breast 6</b><br>LS Gravy<br>Cranberry Sauce<br>Whole Grain Roll<br>**[=]Fresh Baked Sweet Potato<br>Green Peas w/Mushrooms<br>*[=]Orange                                                                                                                                                                            | <b>Baked Fish w/Lemon Dijon 7</b><br><b>Sauce</b><br>Whole Grain Roll<br>[=]Herb Roasted Red Potatoes<br>*Red & Green Coleslaw<br>Corn<br>[=]Banana                                                                       | <b>Beef Enchilada Casserole 8</b><br>(Ground beef, Jack Cheese)<br>Corn Tortilla in entrée<br>Green Beans w/Mushrooms & Herbs<br>Mesclun Salad Mix w/Cilantro dressing<br>LS Pinto Beans<br>*[=]Fruit Cup w/Mandarin, Pineapple and Mango | <b>Tandoori Chicken 9</b><br>Pita Bread<br>Brown Rice<br>**Ginger Carrots<br>Mixed Salad Green w/Radish, Cucumber, Ranch dressing<br>*[=]Cantaloupe or Tangerine                                                                          | <b>Spaghetti w/Meat Sauce 10</b><br>(Ground Turkey)<br>LS Tomato Sauce<br>Whole Grain Pasta<br>**Broccoli<br>Caesar Salad w/ Romaine, Croutons, Parmesan, Caesar dressing<br>Oatmeal Cookie<br>*[=]Orange Juice                                                       |                                                                                                                                                        |
| <b>Chicken Dijon 13</b><br>Whole Grain Roll<br>[=]Rosemary Roasted Potatoes<br>Corn<br>***[=]Chopped Mixed Salad w/ Kale, Spinach, Shredded Brussels Sprouts, Mango, Ranch dressing<br>Fresh or Unsweetened Canned Peach                                                                                                               | <b>Beef Tips w/LS Sauce 14</b><br>Whole Grain Noodles w/Herbs<br>**Carrots & Zucchini<br>Mesclun Salad Mix w/Cucumber, Italian dressing<br>***Cantaloupe *[=] or Orange or Tangerine                                      | <b>Stuffed Bell Pepper 15</b><br>(Ground Turkey)<br>Whole Grain Roll<br>**Whipped Sweet Potato or Butternut Squash [=]<br>Broccoli<br>Romaine Salad w/Tomato<br>Red Gelatin w/Pears<br>*[=]Orange Juice                                   | <b>Baked Fish w/Cilantro Pesto 16</b><br><b>OR Breaded Fish w/Tartar Sauce</b><br>Vegetable Barley Pilaf w/Parsley<br>**[=]Saute Spinach w/Garlic<br>*Coleslaw<br>Fresh Fruit Cup                                                         | <b>Father's Day Menu 17</b><br><b>Pot Roast</b> (Carrots, Celery)<br>Whole Grain Roll<br>[=]Sage Mashed Potatoes<br>Peas w/Pearl Onions<br>Chocolate Cake<br>[=]Orange Juice*<br> |                                                                                                                                                        |
| <b>Beef Fajita 20</b><br>(peppers and onions)<br>Warm Flour Tortilla<br>Spanish Rice (½ Brown & ½ White)<br>[=]LS Pinto Beans<br>**Mesclun Mix Salad w/Shredded Carrots, and Cilantro Dressing<br>***Cantaloupe *[=] or Orange or Tangerine                                                                                            | <b>Garlic Chicken 21</b><br><b>w/Garlic Sauce</b><br>Whole Grain Roll<br>Green Beans w/Cauliflower<br>Tossed Salad w/Tomato, Radish, Italian Dressing<br>Oatmeal Cookie<br>*[=]Orange Juice                               | <b>Salisbury Steak 22</b><br>(Ground Beef)<br>LS Gravy<br>Whole Grain Roll<br>[=]Mashed Potatoes<br>[=]**Sauté Spinach<br>*Red & Green Coleslaw<br>[=]Banana                                                                              | <b>Caribbean Chicken 23</b><br>w/LS Black Bean Sauce<br>Brown Rice Pilaf<br>Green Peas w/Onions<br>***Carrot , Apple, Bell Pepper, Celery Salad<br>Grapes or Poached Pear                                                                 | <b>Turkey a La King 24</b><br>[mushroom, celery]<br>Parsley Whole Grain Noodles<br>**Broccoli<br>Mixed Green Salad w/Romaine, Cucumber, 1000 Island dressing<br>*Pineapple & Mango Fruit Cup                                                                          |                                                                                                                                                        |
| <b>BBQ Chicken 27</b><br><b>w/LS BBQ Sauce</b><br>Vegetable Barley Pilaf<br>[=]Butternut Squash or Sweet Potato**<br>*Coleslaw<br>[=]Chocolate Pudding<br>*[=]Orange Juice                                                                                                                                                             | <b>Shepherds Pie 28</b><br>(Ground Beef, Mushrooms, Green Peas, Mashed Potatoes)<br>Whole Grain Roll<br>**Broccoli & Corn<br>***[=]Spinach Salad w/Chopped Kale, Bell Pepper, Cucumber, 1000 Island dressing<br>[=]Banana | <b>Chicken Adobo 29</b><br>Herbed Brown Rice<br>**Herbed Carrots<br>Mesclun Salad w/ LS Beets, LS Garbanzo Beans, Ranch dressing<br>*[=]Pineapple and Mandarin Fruit Cup                                                                  | <b>Lasagna w/Ground Turkey 30</b><br>w/LS Tomato Sauce<br>(Mozzarella Cheese, pasta in entrée)<br>Whole Grain Roll<br>Cauliflower & Brussels Sprouts w/Zucchini<br>Mixed Salad Greens w/Radish<br>Cinnamon Applesauce<br>*[=]Orange Juice |                                                                                                                                                                                  |                                                                                                                                                        |