

Monday	Tuesday	Wednesday	Thursday	Friday
Korean BBQ (Beef) 1 w/LS Korean BBQ sauce Herb Zucchini ***Broccoli Salad w/sliced Radish Pineapple Herbed Brown Rice	Fish Vera Cruz 2 LS Garden Vegetable Soup LS Black Beans *Creamy Coleslaw Banana Whole Grain Bread <u>OR</u> Warm Whole Grain Tortilla	Chicken Dijon 3 LS Tomato Basil Soup Green Beans ***Chopped Salad W/Kale, Lettuce, Cucumber, Carrots Fresh or Unsweetened Peaches <u>OR</u> Peach Whole Grain Roll	Stuffed Bell Pepper 4 (Ground Beef, Barley in Entrée) Green Peas Romaine Salad w/Tomato *Orange or Tangerine Dinner Roll Oatmeal Cookie	Vegetarian Paella 5 (Garbanzo Beans, Tomato & Red Pepper, Brown Rice in entrée) Broccoli **Spinach Salad *Mango
Breaded Baked Fish w/Tartar Sauce 8 LS Butternut Squash or Pumpkin Soup **Yam or Sweet Potato *LS Beet & Mandarin Orange Salad Fresh or Unsweetened Peaches <u>OR</u> Plum Whole Grain Bread	House Made Meatloaf w/Gravy (Ground Beef) 9 Garlic Mashed Potatoes Brussels Sprouts *Pineapple/Mango Fruit Cup Whole Grain Roll	Turkey Vegetable Stir-fry 10 LS Vegetable Soup Asian Veg. Blend (Broccoli, Bamboo Shoots, Water Chestnuts) *Cabbage, Cucumber, Radish Salad w/Sesame dressing Poached Ginger Pear <u>OR</u> unsweetened canned Lo Mein Noodles Whole Grain Bread	Caribbean Chicken 11 LS Red Beans **Mesclun Salad w/Shredded Carrots *Kiwi Brown Rice Pilaf	Bolognese w/Penne Pasta 12 (Ground Beef, Tomato sauce) Herbed Zucchini & Yellow Squash Caesar Salad w/croutons Fruit Cup (Apple & Melon) *Orange Juice Whole Grain Pasta Vanilla Pudding
Chicken Adobo 15 Green Peas ***Marinated Bell Pepper & Tomato Fresh or Unsweetened Pear or Peach Spanish Brown Rice	Quiche 16 (Eggs, Tofu, Spinach, Mushrooms, Cheese Garnish) L/S Italian Wedding Soup **Broccoli Caesar Salad w/Caesar Drg. *Orange Whole Grain Bread	Shepherd's Pie 17 (Ground Beef) Mashed Potatoes **Carrots Mixed Salad Greens *Kiwi Whole Grain Roll	Baked Fish Almandine 18 L/S Mushroom Soup Green Beans w/Herbs ***Spinach Salad w/Kale, Cucumber, Mandarin Orange Barley w/Herbs Yogurt Parfait w/Berries	Arroz con Pollo 19 (Brown Rice in entrée) LS Pinto Beans *Shredded Cabbage, Mixed Salad Greens & Radish Apple
Savory Beef Stew 22 (Beef Cubes, Carrots, Celery, Onion**) Mashed Potatoes Herbed Brussel Sprouts Fresh Fruit in Season * [=] Orange Juice Whole Grain Roll Oatmeal Cookie	Christmas Menu 23 Roast Turkey w/Gravy **Whipped Sweet Potato Green Beans w/almonds or Asparagus Ambrosia Salad (Apples, Celery, Walnuts) * [=] Orange Juice Whole Grain Roll Apple Pie	 <p>WE WISH YOU A <i>Merry Christmas</i> AND HAPPY NEW YEAR <i>happy holidays</i></p> <p>WE WILL BE CLOSED Wednesday, Thursday & Friday FOR THE HOLIDAYS.</p>		
Vegetarian Chili 29 (Pinto & Kidney Beans, Tomatoes, Cheese Garnish) **Broccoli Mixed Salad Greens *Pineapple & Mango Fruit Cup Whole Grain Bread	Hawaiian Chicken Breast 30 (L/S Sauce, Water Chestnuts, Mushrooms, Pineapple Garnish) Mesclun Salad *Cantaloupe or Tangerine Jasmine Brown Rice or Brown Rice	New Year's Eve Menu 31 Chicken Marsala [=]Baked Potato ***Winter Squash Mixed Salad Greens Fresh Fruit in Season [=]Orange juice Whole Grain Roll Decorated Cake	Jan. 1 2026 Happy New Year! Closed	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
				Low-Fat Milk (8oz) is included daily. Suggested donation - \$3.00 per meal. Menu is subject to change without notice.