

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	Quiche 1 (Eggs, Tofu, Spinach, Mushrooms, Cheese Garnish) **Broccoli Caesar Salad w/Caesar Drg. *Orange Whole Grain Bread	Shepherd's Pie 2 (Ground Beef) Mashed Potatoes **Carrots Mixed Salad Greens *Kiwi Whole Grain Roll	Independence Day Menu 3 BBQ Chicken *Tri Color Coleslaw LS Baked Beans Fresh Melon – Watermelon, Honeydew or Cantaloupe Whole Grain Roll Peach Pie	 4
Savory Beef Stew 7 (Beef Cubes, Carrots, Celery, Onion**) Mashed Potatoes Herbed Brussel sprouts Fresh Fruit in Season *Orange Juice Whole Grain Roll Oatmeal Cookie	Enchilada Casserole 8 LS Salsa Verde (Ground Turkey w/Cheese Garnish, Green Sauce, Corn Tortilla in Entrée) LS Black Beans Mesclun Salad *Kiwi Spanish Brown Rice	Baked Pollack 9 w/Lemon Sauce Yellow Squash ***Broccoli Salad Unsweetened Applesauce Barley Pilaf	BBQ Chicken 10 w/LS Sauce Tri-Color Coleslaw Canned Pear in Juice or Melon Mac & Cheese Whole Grain Roll	Turkey Caprese Salad 11 Bowl (Herbed Turkey, Mozzarella Cheese Garnish) Spinach Salad w/Shredded Cabbage w/Cucumber, Tomato, LS Garbanzo Beans *Strawberries OR Cantaloupe Whole Grain Pita Bread
Vegetarian Chili 14 (Pinto & Kidney Beans, Tomatoes, Cheese Garnish) **Broccoli Mixed Salad Greens *Pineapple & Mango Fruit Cup Whole Grain Bread	Hawaiian Chicken Breast 15 (w/LS Sauce, Water Chestnuts, Mushrooms, Pineapple Garnish) Mesclun Salad *Cantaloupe or Tangerine Jasmine Brown Rice or Brown Rice	Turkey Milanese Breast 16 w/LS Red Sauce Zucchini ***Chopped Mixed Salad w/Spinach, Kale, Bell Pepper Banana Whole Grain Linguine Lemon Pudding	Salmon w/Dill Sauce 17 Green Beans LS Beet Salad *Orange Whole Grain Roll	Asian Beef Stir-fry 18 (Beef Strips) Mixed Asian Vegetables** (Broccoli, Bell Peppers, Onions) **Carrot Raisin Salad *Kiwi Brown Rice
Mediterranean Chicken Breast 21 **Sauté Spinach LS Tomato & Cucumbers Salad *Kiwi OR Orange Barley and Herbs	Spaghetti w/Meat Sauce 22 (Ground Turkey, LS Tomato) Green Beans ***Chopped Salad w/Kale Fresh or Unsweetened Pear OR Peach Whole Grain Spaghetti Chocolate Pudding	Beef Fajita (Strips) 23 (Peppers & Onions) LS Pinto Beans Tossed Green Salad *Cantaloupe or Tangerine Warm Whole Grain Tortilla	LS Roast Turkey Breast 24 w/LS Gravy **Fresh Baked Yam or Sweet Potato Herbed Brussel Sprouts *Pineapple & Mango Fruit Cup Whole Grain Bread	Tuna Salad Cold Plate 25 Herbed Potato Salad *Creamy Coleslaw Baked Apple or Unsweetened Applesauce Whole Grain Roll
Korean BBQ (Beef) 28 w/LS Korean BBQ Sauce Herb Zucchini ***Broccoli Salad w/Sliced Radish Pineapple Herbed Brown Rice	Fish Vera Cruz 29 LS Black Beans *Creamy Coleslaw Banana Whole Grain Bread or Tortilla	Chinese Chicken Salad 30 (Char Sui Marinade, Crunchy Rice Noodle Garnish) ***Mixed Salad w/Kale, Brussels Sprouts, Sesame Drsg. *LS Beet & Orange Salad Fresh Fruit in Season Whole Grain Roll	Stuffed Bell Pepper 31 (Ground Beef, Barley in Entrée) Green Peas Romaine Salad w/Tomato *Orange or Tangerine Dinner Roll Oatmeal Cookie	Low-Fat Milk (8oz) is included daily. Suggested donation - \$3.00 per meal. Menu is subject to change without notice.