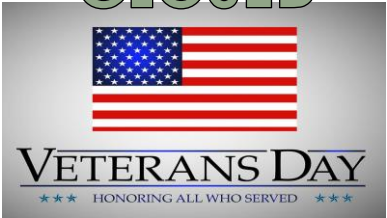


Monday		Tuesday		Wednesday		Thursday		Friday	
Department of Aging requirements * Meets Vitamin C requirement **Meets Vitamin A requirement ***Meets Vitamin A & C [=] Potassium-rich [+] High Sodium over 1000 mg Lunch meets 1/3 requirement for the Recommended Daily Allowance. Menu is subject to change without notice				Lasagna w/Ground Beef 1 w/LS Tomato Sauce (Mozzarella Cheese) Pasta in Entrée Roasted Brussels Sprouts Mixed Salad Greens w/Radish Apple or Applesauce * [=] Orange Juice		Baked or Breaded Fish 2 w/Cilantro Pesto Sauce <i>Tortilla Soup</i> Vegetable Rice Pilaf Whipped Cauliflower **Carrot Raisin Salad ***Cantaloupe OR ** [=] Orange OR Tangerine			
Turkey Bolognese 5 w/LS Tomato Sauce Whole Grain Penne Pasta [=] <i>Lentil Soup</i> Herbed Zucchini & Yellow Squash Caesar Salad w/Romaine, Croutons, Parmesan *Pineapple and Mango Fruit Cup		Meatloaf 6 w/LS Mushroom Sauce (Ground Beef) Whole Grain Bread [=] Sage Mashed Potatoes **Broccoli ***Cantaloupe or ** [=] Orange or Tangerine		Baked Salmon 7 w/Dill Sauce [=] <i>Minestrone Soup</i> Brown Rice Pilaf Roasted Corn *** [=] Spinach Salad w/Kale, Bell Pepper, Cucumbers Apple		Oven Fried Chicken 8 Macaroni & Cheese Green Beans w/Herbs *Coleslaw Banana		Roast LS Turkey Breast 9 w/LS gravy Whole Grain Bread Stuffing Roasted Brussels Sprouts ** [=] Fresh Baked Sweet Potato or Yam Chocolate Chip Cookie * [=] Orange Juice	
CLOSED 12 		Chicken Milanese 13 WG Linguine w/LS Marinara Sauce Cauliflower & Zucchini Caesar Salad w/Romaine, Croutons, Parmesan Mango & Pineapple		Turkey Tarragon Stew 14 Mixed Vegetables in Entrée (mushrooms, peas, carrots)** Biscuit Mixed Salad Greens Lemon Pudding * [=] Orange Juice		Asian Beef Pepper Steak 15 Brown Rice **Mixed Asian Vegetables [broccoli, bamboo shoots, bell peppers, onions] *Beet Salad w/Mandarin Oranges Fresh Peach or Fresh Pear		Southwest Shredded Chicken 16 <i>Corn Chowder</i> Warm Tortilla LS Pinto Beans *Shredded Cabbage w/Tomato Banana	
Turkey Vegetable Stir Fry 19 w/Ginger Sauce Vegetable in Entrée (celery, onions, mushrooms) Jasmine Brown Rice **Carrot, Bell Pepper Salad * [=] Orange		Tuna Salad Cold Plate 20 (Celery, Onion) <i>Split Pea Soup</i> Whole Grain Roll Herbed Potato Salad *Red & Green Coleslaw Banana		Thanksgiving Menu 21 Turkey Breast w/Gravy or Cornish Hen Cornbread Stuffing Whole Grain Roll Green Beans w/Almonds Tossed Green Salad w/Bell Pepper & Blue Cheese Dressing Pumpkin Pie** [=] Orange Juice*		CLOSED 22 Thanksgiving Day 		CLOSED 23 Day after Thanksgiving 	
Chicken Dijon 26 Whole Grain Roll [=] Rosemary Potatoes *** [=] Mixed Salad w/Kale, Spinach, Brussels Sprouts, Mango Fresh or Unsweetened Canned Peach		Beef Tips 27 w/LS Mushroom Sauce <i>Vegetable Soup</i> Noodles w/Herbs **Carrots and Zucchini Mesclun Salad Mix w/Cucumber ***Cantaloupe OR ** [=] Orange OR Tangerine		Stuffed Bell Pepper 28 (Ground Turkey) Whole Grain Roll Whipped Cauliflower Romaine Salad w/Tomato Chocolate Pudding * [=] Orange Juice		Baked Fish w/Herb Crust or Breaded Fish 29 <i>Potato Leek Soup</i> Barley Pilaf w/Parsley **Broccoli *Coleslaw Fresh Fruit Cup		Cashew Chicken Breast 30 [=] <i>Red Bean Ginger Soup</i> Jasmine Brown Rice Green Beans w/Mushrooms * [=] Beet Salad w/Mandarin Oranges Apple or Applesauce	

