



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Savory Beef Stew <u>3</u> (not ground) (Carrots, Celery, Onion**) Mashed Potatoes Roasted Brussels Sprouts *Orange Whole Grain Roll or Bread	LS Turkey Vegetable <u>4</u> Stir-Fry (Broccoli, Bamboo Shoots, Water Chestnuts) *Cabbage, Cucumber, Radish Salad w/Sesame Dressing Poached Ginger Pear Lo Mein Noodles Whole Grain Bread	Caribbean Chicken <u>5</u> LS Black Beans Corn ***Carrot, Bell Pepper, Celery Salad Fresh Fruit in Season Brown Rice Pilaf	Turkey Bolognese <u>6</u> w/ Penne Pasta (LS Tomato Sauce, Whole Grain Pasta) Herbed Zucchini & Yellow Squash Caesar Salad w/Croutons Fruit Cup (Apple & Melon) *Orange Juice	Fish & Chips <u>7</u> **Roasted Sweet Potato Wedges *Coleslaw Fresh Peach or Plum Whole Grain Roll or Bread Tapioca Pudding
Southwest Shredded Chicken w/ LS Sauce <u>10</u> LS Pinto Beans *Shredded Cabbage Mixed Salad Greens & Radish Fresh or Unsweetened Peaches or Melon Whole Grain Tortilla	Shepherd's Pie <u>11</u> (ground beef) w/ Mashed Potatoes **Carrots Mixed Salad Greens *Kiwi Whole Grain Roll	Baked Fish Almondine <u>12</u> Green Beans w/Herbs ***Spinach Salad w/Kale, Bell Pepper, Cucumber Barley w/Herbs Yogurt Parfait with Fruit in Dessert (berries)	Cashew Chicken <u>13</u> Green Peas LS Beet & Mandarin Orange Salad* Fresh Fruit in Season Brown Rice	Vegetable Lasagna <u>14</u> (2 eggs w/ tofu OR white beans (mashed), ricotta, zucchini & mushrooms, WG lasagna pasta parmesan garnish) Broccoli** Caesar Salad *Cantaloupe or Orange
[+] Corn Beef w/ LS Gravy <u>17</u> [=] Red Potatoes Steamed Cabbage ** Carrots Kiwi or Grapes *[=] Orange Juice Whole Rye Bread Vanilla Pudding 	Baked Pollack w/Lemon Sauce OR Quiche <u>18</u> (2 eggs, tofu, spinach, mushrooms & cheese garnish) Mixed Veg Blend *** Broccoli Salad Applesauce WG Roll or Bread	BBQ Chicken w/ LS Sauce <u>19</u> ** Yam or Sweet Potato *** Tri Color Coleslaw Peach or Pear Brown Rice	Tamale Pie w/ LS Sauce <u>20</u> (ground turkey, cheese garnish polenta/cornmeal) LS Black Beans Mesclun Salad Mix *Pineapple/Mango Fruit Cup Oatmeal Cookie	Meatloaf w/ LS Gravy <u>21</u> (ground beef) Garlic Mashed Potatoes Roasted Brussels Sprouts *Orange Whole Grain Roll
Chicken Adobo w/ LS Sauce <u>24</u> Green Peas Mesclun Salad w/Garbanzo Beans *Pineapple/Mango Fruit Cup Brown Rice	Turkey Milanese <u>25</u> (LS Turkey w/ Lemon Sauce) Cauliflower & Zucchini ** Carrot Raisin Salad *Orange WG Linguine w/ Pesto Sauce Vanilla Yogurt Parfait w/ Granola	Salmon w/ Dill Sauce <u>26</u> Green Beans ***Chopped Mixed Salad w/ Spinach, Kale, Bell Pepper Applesauce Whole Grain Roll	Asian Beef Stir Fry w/ LS Sauce <u>27</u> **Mixed Asian Vegetables (broccoli, bamboo shoots, bell peppers, onions) LS Beet Salad *[=] Cantaloupe or Tangerine Brown Rice	Vegetarian Chili <u>28</u> (LS pinto & kidney beans, barley, LS tomatoes, barley cheese garnish) ** Herb Roasted Carrots Mixed Salad Greens *[=] Orange Juice Cornbread Banana
Spaghetti w/ Meat Sauce <u>31</u> (ground turkey, LS tomato sauce, WG spaghetti) **Broccoli Caesar Salad Fresh Pear or Peach *[=] Orange Juice	Cesar Chavez Day 	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 requirement [=] Potassium-rich [+] High Sodium NOTE: Menu is subject to change without notice.		Suggested voluntary contribution – \$3.00 per meal