

Monday	Tuesday	Wednesday	Thursday	Friday
Southwest Shredded Chicken <u>2</u> LS Pinto *Shredded Cabbage, Mixed Salad Greens & Radish Fresh or Unsweetened Peaches or Melon Whole Grain Tortilla	Shepherd's Pie <u>3</u> (Ground Beef) Mashed Potatoes **Carrots Mixed Salad Greens *Kiwi Whole Grain Roll	Baked Fish Almondine <u>4</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>5</u> Green Peas LS Beet & Mandarin Orange Salad* Fresh Fruit in Season Brown Rice	Garden Vegetable Lasagna <u>6</u> (2 eggs w/ Tofu OR White Beans (mashed), Ricotta, Zucchini & Mushrooms, LS Tomato sauce, Parmesan, Whole Grain Lasagna Pasta) Broccoli** Caesar Salad *Cantaloupe or Orange
Open Face Hot Turkey Sandwich w/LS Gravy <u>9</u> Green Beans Mashed Potatoes **Spinach Salad w/Shredded Cabbage, Dried Cranberries *Orange Juice Whole Grain Bread	Quiche <u>10</u> (2 eggs, tofu, spinach, mushrooms, cheese garnish) Mixed Veg Blend ***Broccoli Salad Applesauce Whole Grain Roll or Bread	BBQ Chicken w/BBQ Sauce <u>11</u> **Yam or Sweet Potato ***Tri Color Coleslaw w/carrots Peach or Pear Brown Rice	Tamale Pie <u>12</u> (Ground Turkey, Cheese garnish, Polenta/Cornmeal) LS Black Beans Mesclun Salad Mix *Pineapple/Mango Fruit Cup Oatmeal Cookie	Father's Day Menu <u>13</u> Pot Roast (w/Carrots, Celery) [=]Sage Mashed Potatoes Peas w/Pearl Onions Banana * [=]Orange Juice WG Roll Chocolate Cake 
Chicken Adobo <u>16</u> Green Peas Mesclun Salad w/Garbanzo Beans *Pineapple & Mango Fruit Cup Brown Rice	Turkey Milanese w/Red Sauce <u>17</u> Whole Grain Linguine Cauliflower & Zucchini **Carrot Raisin Salad *Orange Vanilla Yogurt Parfait w/granola	Salmon w/Dill Sauce <u>18</u> Green Beans Chopped Mixed Salad w/Spinach, Kale, Bell Pepper Cinnamon Applesauce Whole Grain Roll	Asian Beef Stir Fry <u>19</u> Mixed Asian Vegetables** (Broccoli, Bamboo Shoots, Bell Peppers, Onions) LS Beet Salad * [=]Cantaloupe or Tangerine Brown Rice	Vegetarian Chili <u>20</u> (LS Pinto & Kidney Beans, Barley, Tomatoes, Cheese garnish) **Herb Roasted Carrots Mixed Salad Greens Banana * [=] Orange Juice TFF Cornbread
Spaghetti w/Meat Sauce <u>23</u> (Ground Turkey, LS Tomato Sauce) **Broccoli Caesar Salad Fresh Pear or Peach * [=]Orange Juice	Beef Fajita <u>24</u> (Beef Strips, Peppers & Onions, LS Pinto Beans) Corn Tossed Green Salad w/Cilantro Dressing Pineapple & Mango Fruit Cup Whole Grain Warm Tortilla	Mediterranean Chicken <u>25</u> **Roasted Vegetables (Carrots, Onions, Peppers, Tomatoes) LS Lentil Salad w/Cucumbers & Vinaigrette Dressing *Cantaloupe or Tangerine Brown Rice Pilaf Pita Bread	Tuna Salad Cold Plate <u>26</u> Herbed Potato Salad *Creamy Coleslaw Applesauce Whole Grain Roll	LS Roast Turkey Breast <u>27</u> w/LS Gravy Cranberry Sauce **Fresh Baked Yam or Sweet Potato **Spinach Salad *Kiwi or Orange Whole Grain Stuffing Lemon Pudding
Fish Creole <u>30</u> LS Red Beans *Creamy Coleslaw Pear or Plum Warm Whole Grain Tortilla			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.	