

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Southwest Shredded Chicken w/ LS Sauce <u>2</u> LS Pinto Beans *Shredded Cabbage Mixed Salad Greens & Radish w/ Cilantro Dressing Fresh or Unsweetened Peaches or Melon Whole Grain Tortilla	Shepherd's Pie w/ Mashed Potatoes <u>3</u> (ground beef) **Carrots Mixed Salad Greens w/ French Dressing *Kiwi Whole Grain Roll	Baked Fish Almandine w/ LS Sauce <u>4</u> Green Beans w/Herbs ***Spinach Salad w/Kale, Bell Pepper, Cucumber w/1000 Island Dressing Barley w/Herbs Yogurt Parfait with Berries	Cashew Chicken w/ LS Sauce <u>5</u> Green Peas LS Beet & Mandarin Orange Salad* Fresh Fruit in Season Brown Rice	Garden Veggie Lasagna <u>6</u> (2 eggs w/ tofu OR white beans (mashed), ricotta, zucchini & mushrooms, WG lasagna pasta, LS tomato sauce, parmesan garnish) Broccoli** Caesar Salad w/ Caesar Dressing *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 w/ Vinaigrette Dressing *Orange Juice WG Bread	Quiche <u>10</u> (2 eggs, tofu, spinach, mushrooms & cheese garnish) Mixed Veggie Blend *** Broccoli Salad Applesauce Whole Grain Bread	BBQ Chicken w/ LS Sauce <u>11</u> ** Yam or Sweet Potato *** Tri Color Coleslaw Peach or Pear Brown Rice	Tamale Pie <u>12</u> (ground turkey, cheese garnish, polenta/cornmeal) LS Black Beans Mesclun Salad Mix w/ Cilantro Dressing *Pineapple/Mango Fruit Cup Oatmeal Cookie	Father's Day Menu Beef Pot Roast <u>13</u> w/ LS Sauce, Carrots & Celery [=] Sage Mashed Potatoes Peas w/ Pearl Onions Banana * [=] Orange Juice WG Roll Chocolate Cake
Chicken Adobo w/ LS Sauce <u>16</u> Green Peas Mesclun Salad w/Garbanzo Beans & Ranch Dressing *Pineapple/Mango Fruit Cup Brown Rice	Turkey Milanese <u>17</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>18</u> Green Beans ***Chopped Mixed Salad w/ Spinach, Kale, Bell Pepper & Italian Dressing Applesauce Whole Grain Roll	Asian Beef Stir Fry w/ LS Sauce <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, LS tomatoes, barley cheese garnish) ** Herb Roasted Carrots Mixed Salad Greens w/ French Dressing * [=] Orange Juice Cornbread Banana
Spaghetti w/ LS Meat Sauce <u>23</u> (ground turkey, LS tomato, whole grain spaghetti) Caesar Salad w/ Caesar Dressing **Broccoli Fresh Pear or Peach * [=] Orange Juice	Beef Fajita <u>24</u> w/ peppers & onion LS Pinto Beans 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 <u>26</u> Herbed Potato Salad *Creamy Coleslaw Applesauce Whole Grain Roll	LS Roast Turkey Breast w/ LS Gravy <u>27</u> Cranberry Sauce **Fresh Baked Yam or Sweet Potato **Spinach Salad w/ French Dressing *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 Red Gelatin	Suggested voluntary contribution – \$3.00 per meal		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 NOTE: Menu is subject to change without notice.	