

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 [=] High Sodium over 1000 mg Suggested Donation-\$3.00 per meal/Lunch service begins @ 11:45 Menu is subject to change without notice		  		
Turkey Bolognese w/LS Tomato Sauce 3 <i>[=] Lentil Soup</i> Whole Grain Penne Pasta Herbed Zucchini & Yellow Squash Caesar Salad w/Romaine, Croutons, Parmesan *Pineapple and Mango Fruit Cup	Meatloaf w/LS Mushroom Sauce 4 (Ground Beef) Whole Grain Bread [=]Sage Mashed Potatoes **Broccoli ***Cantaloupe or **[=] Orange or Tangerine	Baked Salmon w/Dill Sauce 5 <i>[=]Minestrone Soup</i> Brown Rice Pilaf Roasted Corn ***[=] Spinach Salad w/Kale, Bell Pepper, Cucumbers Apple	Oven Fried Chicken 6 Macaroni & Cheese Green Beans w/Herbs *Coleslaw Banana	Roast LS Turkey Breast w/LS gravy 7 Whole Grain Bread Stuffing Roasted Brussels Sprouts **[=] Fresh Baked Sweet Potato or Yam Chocolate Chip Cookie * [=]Orange Juice
Spinach Quiche 10 (w/Eggs, Swiss Cheese, Spinach) <i>Hearty Vegetable Soup</i> Barley Pilaf w/Herbs Green Beans w/Almonds ***Broccoli Salad (broccoli, raisins, red onion) Apple or Applesauce	Chicken Milanese 11 WG Linguine w/LS Marinara Sauce Cauliflower & Zucchini Caesar Salad w/Romaine, Croutons, Parmesan *Strawberries	Turkey Tarragon Stew 12 Mixed Vegetables in Entrée (mushrooms, peas, carrots)** Biscuit Mixed Salad Greens Lemon Pudding * [=]Orange Juice	Asian Beef Pepper Steak 13 Brown Rice **Mixed Asian Vegetables (broccoli, bamboo shoots, bell peppers, onions) *Beet Salad w/Mandarin Oranges Fresh Peach or Fresh Pear	Father's Day Menu 14 Pot Roast (w/Carrots, Celery) Dinner Roll [=] Mashed Potatoes Peas w/Pearl Onions Chocolate Cake * [=]Orange Juice 
Turkey Vegetable Stir Fry w/Ginger Sauce 17 (celery, onions, mushrooms) Jasmine Brown Rice Vegetable in Entrée **Carrot, Bell Pepper Salad * [=]Orange	Tuna Salad Cold Plate 18 (Celery, Onion) <i>Split Pea Soup</i> Whole Grain Roll Herbed Potato Salad *Red & Green Coleslaw Banana	Beef Enchilada Casserole 19 (w/Ground Beef, Jack Cheese, LS Sauce) Corn Tortilla in Entrée Green Beans w/Mushrooms Mesclun Salad Mix * [=]Fruit Cup w/Mandarin, Pineapple and Mango	Tandoori Chicken 20 <i>Tuscan Vegetable Soup</i> Pita Bread **Ginger Carrots Mixed Salad Greens w/Radish, Cucumber * [=]Cantaloupe or Tangerine	Spaghetti w/Meatballs (Ground Turkey) 21 WG Pasta w/LS Sauce **Mixed Vegetable Blend (Zucchini, Broccoli, Cauliflower) Caesar Salad w/Romaine, Croutons, Parmesan Oatmeal Cookie * [=]Orange Juice
Chicken Dijon 24 Whole Grain Roll [=]Rosemary Potatoes ***[=]Mixed Salad w/Kale, Spinach, Brussels Sprouts, Mango Fresh or Unsweetened Canned Peach	Beef Tips w/LS Mushroom Sauce 25 <i>Vegetable Soup</i> Noodles w/Herbs **Carrots and Zucchini Mesclun Salad Mix w/Cucumber ***Cantaloupe OR **[=] Orange OR Tangerine	Stuffed Bell Pepper 26 (Ground Turkey) Whole Grain Roll Whipped Cauliflower Romaine Salad w/Tomato Chocolate Pudding * [=]Orange Juice	Baked Fish w/Herb Crust 27 <i>Potato Leek Soup</i> Barley Pilaf w/Parsley **Broccoli *Coleslaw Fresh Fruit Cup	Cashew Chicken Breast 28 <i>[=]Red Bean Ginger Soup</i> Jasmine Brown Rice Green Beans w/Mushrooms * [=]Beet Salad w/Mandarin Oranges Apple or Applesauce