

Monday	Tuesday	Wednesday	Thursday	Friday	
Baked Pollock w/lemon <u>2</u> sauce OR Quiche (2 eggs, tofu, spinach, mushrooms, cheese garnish) Mixed Veg Blend ***Broccoli Salad Cinnamon Applesauce Whole Grain Roll	Cashew Chicken <u>3</u> Lo Mein Noodles Green Peas *LS Beet & Mandarin Orange Salad Fresh Fruit (in season) Whole Grain Roll	Enchilada Casserole <u>4</u> (Ground Turkey, Cheese garnish only) LS Pinto Beans Mesclun Salad Mix w/Cilantro Dressing *Mango/Pineapple Fruit Cup Corn Tortilla – in entrée	Hungarian Goulash <u>5</u> (Beef Cubes, Elbow Macaroni) Roasted Brussels Sprouts **Herbed Carrots *Fresh Orange Elbow Macaroni – in Entrée Whole Grain Roll Oatmeal Cookie	Open Face Hot Turkey <u>6</u> Sandwich w/LS Gravy Green Beans **Spinach Salad w/Shredded Cabbage, Dried Cranberries *[=] Orange Juice Whole Grain Bread	
BBQ Chicken <u>9</u> w/BBQ Sauce Corn ***Chopped Mixed Salad (Kale, Shredded Brussels Sprouts, Lettuce & Carrots) *Mango & Pineapple Whole Grain Roll	Salmon w/Dill Sauce <u>10</u> **Sweet Potato *Tri-Color Coleslaw Cinnamon Applesauce Whole Grain Roll	Asian Beef Stir Fry <u>11</u> Mixed Asian Vegetables** (Broccoli, Bamboo Shoots, Bell Peppers, Onions) LS Beet Salad *[=]Cantaloupe or Tangerine Brown Rice	Vegetarian Chili <u>12</u> (LS Pinto & Kidney Beans, Barley, Tomatoes, Cheese garnish) Green Beans Mixed Salad Greens Banana *[=] Orange Juice TFF Cornbread	Chicken Milanese <u>13</u> w/Lemon Sauce Cauliflower & Zucchini Caesar Salad w/Romaine, Croutons Fresh Fruit (in season) Whole Grain Linguine Vanilla Yogurt Parfait w/Granola	
Spaghetti w/Meat Sauce <u>16</u> (Ground Turkey) **Broccoli Mesclun Salad Mix Fresh Pear or Peach *[=]Orange Juice Whole Grain Spaghetti	Mediterranean Chicken <u>17</u> **Roasted Vegetables (Carrots, Onions, Peppers, Tomatoes) LS Lentil Salad w/Cucumbers & Vinaigrette Dressing *Cantaloupe or Tangerine Brown Rice Pilaf Pita Bread & Hummus	LS Roast Turkey Breast <u>18</u> w/LS Gravy Cranberry Sauce **Butternut Squash Green Peas w/Mushrooms *Kiwi or Orange Whole Grain Stuffing Lemon Pudding	Tuna Nicoise Salad <u>19</u> Cold Plate (Tuna, w/Celery & Onion) Herbed Potato Salad *Creamy Coleslaw Fresh Apple Whole Grain Roll	Beef Fajita <u>20</u> (Peppers & Onions) LS Pinto Beans Tossed Green Salad w/Cilantro Dressing *Pineapple & Mango Fruit Cup Spanish Brown Rice Warm Flour Tortilla	
Chicken Dijon <u>23</u> Rosemary Mashed Potatoes *Chopped Salad w/Kale, Lettuce, Cucumber Fresh Fruit in Season Whole Grain Roll	Stuffed Bell Pepper <u>24</u> (Ground Turkey, Barley) Mixed Vegetables Romaine Salad w/Tomatoes Apple *[=] Orange Juice Dinner Roll Red Gelatin Cubes w/Yogurt	Vegetable Frittata <u>25</u> (Eggs, Tofu, Mushrooms, Onions, Potatoes, Cheese garnish) Lima Beans & Corn ***Spinach, Shredded Cabbage & Brussels Sprouts Salad Pear OR Nectarine Whole Grain Roll	Korean BBQ (Beef) <u>26</u> w/BBQ Sauce Sauté Zucchini w/Sesame Seeds ***Broccoli Salad w/Sliced Radish Pineapple Herbed Brown Rice	Fish & Chips <u>27</u> (Breaded) **Roasted Sweet Potato Wedges *Coleslaw Banana OR Grapes Whole Grain Roll	
Turkey Vegetable <u>30</u> Stir Fry (Broccoli, Bamboo Shoots, Carrots, Water Chestnuts) *Cabbage, Cucumber, Radish Salad w/Sesame Dressing Poached Ginger Pear Brown Rice Tapioca Pudding	Meatloaf w/LS Gravy <u>31</u> (Ground Beef) Garlic Mashed Potatoes Green Beans *Cantaloupe OR Orange Whole Grain Roll	  OCTOBER THE GOLDEN MONTH 			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 Suggested donation - \$3.00 per meal. Menu is subject to change without notice.