




Monday	Tuesday	Wednesday	Thursday	Friday
<p>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 at 11:45 Menu is subject to change without notice</p>		<p>Turkey Tarragon Stew 1 Mixed Vegetables in Entrée (mushrooms, peas, carrots)** Biscuit Mixed Salad Greens Lemon Pudding * [=] Orange Juice</p>	<p>Asian Beef Pepper Steak 2 Brown Rice **Mixed Asian Vegetables (broccoli, bamboo shoots, bell peppers, onions) *Beet Salad w/Mandarin Oranges Fresh Peach or Fresh Pear</p>	<p>Cinco De Mayo Menu 3 Beef Tamale Mexican Rice [=] Pinto Beans LS Mixed Green Salad [=] Flan * [=] Orange Juice</p> 
<p>Turkey Vegetable Stir Fry w/Ginger Sauce 6 (celery, onions, mushrooms) Jasmine Brown Rice Vegetable in Entrée **Carrot, Bell Pepper Salad * [=] Orange</p>	<p>Tuna Salad Cold Plate 7 (Celery, Onion) <i>Split Pea Soup</i> Whole Grain Roll Herbed Potato Salad *Red & Green Coleslaw Banana</p>	<p>Tandoori Chicken 8 <i>Tuscan Vegetable Soup</i> Pita Bread **Ginger Carrots Mixed Salad Greens w/Radish, Cucumber * [=] Cantaloupe or Tangerine</p>	<p>Spaghetti w/Meatballs (Ground Turkey) 9 WG Pasta w/LS Sauce **Mixed Vegetable Blend (Zucchini, Broccoli, Cauliflower) Caesar Salad w/Romaine, Croutons, Parmesan Oatmeal Cookie * [=] Orange Juice</p>	<p>Mother's Day Menu 10 Herb Lemon Chicken Breast Wheat Roll and Rice Pilaf **Baked Butternut Squash or Fresh Sweet Potato/Yam Romaine Salad Decorated Cake * [=] Orange Juice</p> 
<p>Chicken Dijon 13 Whole Grain Roll [=] Rosemary Potatoes *** [=] Mixed Salad w/Kale, Spinach, Brussels Sprouts, Mango Fresh or Unsweetened Canned Peach</p>	<p>Beef Tips w/LS Mushroom Sauce 14 <i>Vegetable Soup</i> Noodles w/Herbs **Carrots and Zucchini Mesclun Salad Mix w/Cucumber ***Cantaloupe OR ** [=] Orange OR Tangerine</p>	<p>Stuffed Bell Pepper 15 (Ground Turkey) Whole Grain Roll Whipped Cauliflower Romaine Salad w/Tomato Chocolate Pudding * [=] Orange Juice</p>	<p>Baked Fish w/Herb Crust 16 <i>Potato Leek Soup</i> Barley Pilaf w/Parsley **Broccoli *Coleslaw Fresh Fruit Cup</p>	<p>Cashew Chicken Breast 17 <i>[=] Red Bean Ginger Soup</i> Jasmine Brown Rice Green Beans w/Mushrooms * [=] Beet Salad w/Mandarin Oranges Apple or Applesauce</p>
<p>Beef Fajita 20 [peppers, onions] <i>Albondigas Soup</i> Warm Flour Tortilla [=] LS Pinto Beans Mesclun Mix Salad, Carrots ***Cantaloupe OR [=] *Orange OR Tangerine</p>	<p>Santa Fe Chicken 21 Brown Rice Pilaf Green Beans w/Pimento Roasted Corn Oatmeal Cookie [=] *Orange Juice</p>	<p>Turkey a La King 22 [mushrooms, celery] Parsley Noodles **Broccoli Mixed Green Salad w/Romaine, Radish *Pineapple and Mango Fruit Cup</p>	<p>Caribbean Chicken w/LS Black Bean Sauce 23 Whole Grain Roll Green Peas w/Onions ***Carrot, Apple, Bell Pepper, Celery Salad Grapes or Pear</p>	<p>Memorial Day Menu 24 BBQ Beef on Bun Macaroni Salad Corn Tossed Green Salad Watermelon [=] Orange Juice*</p> 
<p>Closed 27</p> 	<p>Turkey & Curry Vegetables 28 [celery, corn, turnips] <i>Mushroom Soup</i> Whole Grain Roll Green Peas *** [=] Spinach Salad w/Kale, Bell Pepper, Cucumber Banana</p>	<p>BBQ Chicken w/LS BBQ Sauce 29 Cornbread **Herbed Carrots Mesclun Salad w/Beets, LS Garbanzo Beans * [=] Pineapple and Mandarin Fruit Cup</p>	<p>Lasagna w/Ground Beef w/LS Tomato Sauce 30 (Mozzarella Cheese) Pasta in Entrée Roasted Brussels Sprouts Mixed Salad Greens w/Radish Apple or Applesauce * [=] Orange Juice</p>	<p>Baked Fish w/Cilantro Pesto Sauce 31 <i>Tortilla Soup</i> Vegetable Rice Pilaf Whipped Cauliflower **Carrot Raisin Salad ***Cantaloupe OR ** [=] Orange OR Tangerine</p>