

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey 1 OR Tofu Vegetable Stir Fry (Broccoli, Bamboo Shoots, Carrots, Water Chestnuts) *Cabbage, Cucumber, Radish Salad w/Sesame Dressing Poached Ginger Pear Brown Rice Tapioca Pudding	Beef Bolognese 2 w/Penne Pasta Herbed Zucchini & Yellow Squash Cauliflower Caesar Salad w/croutons *Cantaloupe or Orange WG Penne Pasta	Chicken Cobb Salad 3 (Herbed Chicken, Hard Cooked Egg) ***Mixed Salad Green w/Shredded Carrots, Bell Pepper Tomato & Cucumber Salad Fresh Seasonal Fruit Whole Grain Roll	Fish Taco 4 (not Breaded) LS Pinto Beans Corn ***Chopped Mixed Salad w/Romaine, Kale Fresh Peach or Plum Warm Corn Tortilla	Meatloaf w/LS Gravy 5 (Ground Beef) Garlic Mashed Potatoes Braised Red Cabbage Fruit Cup (Apple & Melon) *Orange Juice Whole Grain Roll
Southwest Chicken Bowl 8 (LS Pinto Beans or Black Beans, Cheese Garnish) ***Spinach Salad w/Kale, Bell Pepper, Cucumber Corn Salad Banana Whole Grain Roll	Shepherd's Pie 9 [Ground Turkey] Mashed Potatoes **Carrots Corn Mixed Salad Greens *Orange or Kiwi Whole Grain Roll	Baked Pollock 10 w/Lemon Sauce Green Beans w/Herbs *Coleslaw w/Bell Pepper Quinoa w/Herbs Yogurt Parfait Fruit in Dessert (Berries)	Chicken Adobo 11 Green Peas Mesclun Salad w/Garbanzo Beans *Pineapple & Mango Fruit Cup Brown Rice	Garden Vegetable Lasagna 12 (2 eggs w/Ricotta Cheese, Zucchini & Mushrooms, Parmesan Cheese) Broccoli** Italian Blend Vegetables (Cauliflower, Italian Beans) Caesar Salad *Cantaloupe or Orange WG Lasagna Pasta – In Entree
Baked Fish Almondine 15 OR Quiche (2 eggs, tofu, spinach, mushrooms, cheese garnish) Mixed Veg Blend ***Broccoli Salad Cinnamon Applesauce Whole Grain Roll Brown Rice	Chinese Chicken Salad 16 (Crunchy Rice Noodles Garnish) ***Mixed Salad w/Kale, Brussels Sprouts, Sesame Dressing *LS Beet & Orange Salad Fresh Fruit in Season Whole Grain Roll	Enchilada Casserole 17 (Ground Turkey, Jack Cheese) LS Pinto Beans Zucchini Mesclun Salad Mix w/Cilantro Dressing *Mango/Pineapple Fruit Cup Corn Tortilla – in Entrée	Hungarian Goulash 18 (Beef Cubes, Elbow Macaroni) Roasted Brussels Sprouts **Herbed Carrots *Fresh Orange Elbow Macaroni – in Entrée Whole Grain Roll Oatmeal Cookie	Open Face Hot Turkey 19 Sandwich w/LS Gravy Green Beans Mashed Potatoes **Spinach Salad w/Shredded Cabbage & Dried Cranberries *Orange Juice Whole Grain Bread
Chicken Milanese 22 w/Lemon Sauce Cauliflower & Zucchini Caesar Salad w/Romaine, Croutons, Caesar Dressing *Mango & Pineapple Cup WG Linguine w/LS Pesto	Salmon w/Dill Sauce 23 **Sweet Potato Sautéed Spinach *Tri-Color Coleslaw Cinnamon Applesauce Whole Grain Roll	Asian Beef Stir Fry 24 Mixed Asian Vegetables** (Broccoli, Bamboo Shoots, Bell Peppers, Onions) LS Beet Salad *[=]Cantaloupe or Tangerine Brown Rice	Vegetarian Chili 25 [LS Pinto & Kidney Beans, Barley, Tomatoes, Cheese Garnish] Green Beans Mixed Salad Greens Banana *[=] Orange Juice TFF Cornbread	BBQ Chicken w BBQ Sauce 26 Corn Peas ***Chopped Mixed Salad (Kale, Shredded Brussels Sprouts, Lettuce & Carrots) Fresh Fruit in Season Whole Grain Roll Vanilla Yogurt Parfait w/Granola
Spaghetti w/Meat Sauce 29 (Ground Turkey) **Broccoli Green Beans Mesclun Salad Mix Fresh Pear or Peach *[=]Orange Juice Whole Grain Spaghetti	Mediterranean Chicken 30 **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 31 w/LS Gravy Cranberry Sauce **Butternut Squash Green Peas w/Mushrooms *Kiwi or Orange Whole Grain Stuffing Lemon Pudding	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 Menu is subject to change without notice.	

Happy Senior Citizens Day!

August 21st