

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 in Fiber	Low-Fat Milk (8oz) is included daily. Suggested donation \$3.00 per meal. Menu is subject to change without notice. 	Beef Stroganoff <u>1</u> (Ground Beef) **Parslied Carrots Mesclun Salad *Pineapple OR Kiwi Whole grain Noodles	Independence Day <u>2</u> Menu BBQ Chicken *Tri Color Coleslaw LS Baked Beans Fresh Melon – Watermelon, Honeydew or Cantaloupe Whole Grain Roll Peach Pie	Closed <u>3</u> Friday, July 3rd in observance of Independence Day 
Turkey Burger <u>6</u> LS Corn Chowder (Lettuce, Tomato, Onion, Mustard, Ketchup) **LS Baked Beans **Carrots *Orange Whole Grain Bun	Savory Beef Stew <u>7</u> (Beef Cubes, Carrots, Celery, Onion, Garlic**) Green Peas & Pearl Onions Mashed Potatoes *Fruit Cup Whole Grain Roll	Chicken Mole <u>8</u> Squash Medley Spring Salad Mix ***Mango Spanish Brown Rice Warm Corn OR Flour Tortilla Chocolate Chip or Oatmeal Cookie	Baked Fish w/Garlic <u>9</u> Marsala Sauce L/S Vegetable Soup LS Herbed Cannellini Beans ***Broccoli Salad Cinnamon Applesauce OR Apple Whole Grain Pasta	SW Chicken Bowl <u>10</u> Cold Plate L/S Lentil Soup *Shredded Cabbage, Mixed Salad Greens, Radish, Corn, (Cheese Garnish & Tortilla Strips) *Marinated Bell Pepper & Tomato Fresh or Unsweetened Peaches or Melon Whole Grain Roll
Vegetarian Chili <u>13</u> (L/S Pinto & Kidney Beans, Tomatoes, Cheese Garnish) **Broccoli Mixed Salad Greens *Fruit Cup OR Kiwi Quinoa Pilaf	Chinese Chicken Salad <u>14</u> L/S Egg Drop Soup *Mixed Salad w/Cabbage, Brussels Sprouts, Mandarins, (Crunchy Rice Noodle Garnish) Sesame Dressing **Carrot Pineapple Slaw Fresh Fruit in Season	Potato Crusted Pollock <u>15</u> Sandwich (Lettuce, Tomato, Onion, Tartar Sauce) L/S Cream of Mushroom Soup L/S Herbed Lentils *Orange Whole Grain Bun	Turkey Meatloaf <u>16</u> Corn ***Spinach, Kale Salad w/Mandarin Oranges Banana Whole Grain Bread Vanilla or Chocolate Pudding	Asian Beef Stir Fry <u>17</u> (Beef Strips, Mixed Asian Vegetables - Broccoli, Bell Peppers, Onions) L/S Hot & Sour Soup Romaine Salad *Mango Fruit Cup Pineapple Sauté Brown Rice
Tuna Salad Cold Plate <u>20</u> (Celery & Onion) L/S Tomato Basil Soup Herbed Potato Salad *Creamy Coleslaw Baked Apple OR Unsweetened Applesauce Whole Grain Roll	Linguine w/Meat Sauce <u>21</u> (Ground Turkey, L/S Tomato) Broccoli ***Chopped Salad w/Kale Fresh or Unsweetened Pear OR Peach Whole Grain Linguine	Tandoori Chicken <u>22</u> Peas & Corn **Spinach Salad *Pineapple & Mandarin Fruit Cup Wild Rice Pilaf	Beef Fajita <u>23</u> (Beef Strips, Peppers & Onions) L/S Fideo Soup L/S Pinto Beans Spring Mix Salad *Cantaloupe OR Diced Mango Whole Grain Warm Tortilla	Greek Chicken Breast <u>24</u> **Roasted Carrots w/Herbs Dill Cucumber Salad *Orange or Tangerine Quinoa Chocolate Chip OR Oatmeal Cookie
Turkey Enchilada <u>27</u> Casserole (Ground Turkey, Tomato sauce, Tortilla, Cheese garnish) L/S Pinto OR Black Beans Mesclun Mixed Salad ***Mango Fruit Cup Spanish Brown Rice	Beef Meatloaf <u>28</u> (Ground Beef, Mushroom sauce) Rosemary Mashed Potatoes Green Beans w/Herbs *Orange Whole Grain Roll	Baked Fish Jambalaya <u>29</u> L/S Garden Vegetable Soup **Carrots ***Broccoli Slaw Fresh or Unsweetened Plum or Pear Brown Rice Pilaf Lemon Pudding	BBQ Pulled Chicken <u>30</u> Sandwich Oven Roasted Brussels Sprouts *Chopped Salad w/Kale Apple Whole Grain Roll	Chick Chana Masala <u>31</u> (Chickpea Curry, Tomato, Garlic, Onion) **Sweet Potato ***Spinach Salad w/Mandarin Banana Whole Grain Couscous Naan Bread