

Monday	Tuesday	Wednesday	Thursday	Friday
3  	4 Beef Tips w/LS Mushroom Sauce <i>Vegetable Soup</i> Noodles w/Herbs **Carrots and Zucchini Mesclun Salad Mix w/Cucumber ***Cantaloupe OR **[=] Orange OR Tangerine	5 Stuffed Bell Pepper (Ground Turkey) Whole Grain Roll Whipped Cauliflower Romaine Salad w/Tomato Chocolate Pudding *=[]Orange Juice	6 Baked Fish w/Herb Crust or Breaded Fish <i>Potato Leek Soup</i> Barley Pilaf w/Parsley **Broccoli *Coleslaw Fresh Fruit Cup	7 Cashew Chicken Breast <i>[=]Red Bean Ginger Soup</i> Jasmine Brown Rice Green Beans w/Mushrooms *=[]Beet Salad w/Mandarin Oranges Apple or Applesauce
10 Beef Fajita [peppers, onions] <i>Albondigas Soup</i> Warm Flour Tortilla [=]LS Pinto Beans Mesclun Mix Salad, carrots ***Cantaloupe OR **=[]Orange OR Tangerine	11 Santa Fe Chicken Brown Rice Pilaf Green Beans w/Pimento Roasted Corn Oatmeal Cookie [=]*Orange Juice	12 Hamburger (lettuce, tomato, onion) <i>[=]Tomato Basil Soup</i> Whole Grain Bun [=]Baked Potato Wedges *Red and Green Coleslaw Banana	13 Chinese Chicken Salad Crunchy Rice Noodle Garnish <i>Chinese Vegetable Soup</i> Whole Grain Roll Entrée Salad – ***Mesclun Salad Mix w/Spinach, Carrots, Cabbage, Bell Pepper, Celery, Cucumber w/Sesame Dressing *Fruit Cup- Melon, Orange, Strawberries	14 Mexican Independence Menu Beef Tamale or Beef Enchilada Spanish Rice Broccoli** Assorted Salad Greens Rice Pudding [=] Orange Juice*
17 Chicken Adobo Brown Rice Butternut Squash or Sweet Potato** Green Beans w/Olive Oil Red Gelatin w/Assorted Fruit *=[]Orange Juice	18 Turkey & Curry Vegetables [celery, corn, or turnips] <i>Mushroom Soup</i> Whole Grain Roll Green Peas ***=[]Spinach Salad w/Kale, Bell Pepper, Cucumber Banana	19 BBQ Chicken Cornbread **Herbed Carrots Mesclun Salad w/Beets, LS Garbanzo Beans *=[]Pineapple and Mandarin Fruit Cup	20 Lasagna w/Ground Beef w/LS Tomato Sauce (Mozzarella Cheese) Pasta in Entrée Roasted Brussels Sprouts Mixed Salad Greens w/Radish Apple or Applesauce *=[]Orange Juice	21 [=] Tuna Salad Plate [Celery and Onion] <i>LS Tomato Soup</i> Whole Grain Roll Entrée Salad ***=[]Mixed Salad Greens with Cucumber, Mushrooms, Bell Pepper, Carrots and Tomato ***Cantaloupe OR **=[] Orange OR Tangerine
24 Turkey Bolognese w/LS Tomato Sauce Whole Grain Penne Pasta <i>[=] Lentil Soup</i> Herbed Zucchini & Yellow Squash Caesar Salad w/Romaine, Croutons, Parmesan *Pineapple and Mango Fruit Cup	25 Meatloaf w/LS Mushroom Sauce (Ground Beef) Whole Grain Bread [=]Sage Mashed Potatoes **Broccoli ***Cantaloupe or **=[] Orange or Tangerine	26 Baked Salmon w/Dill Sauce <i>[=]Minestrone Soup</i> Brown Rice Pilaf Roasted Corn ***=[] Spinach Salad w/Kale, Bell Pepper, Cucumbers Apple	27 Oven Fried Chicken Macaroni & Cheese Green Beans w/Herbs *Coleslaw Banana	28 Roast LS Turkey Breast w/LS gravy Whole Grain Bread Stuffing Roasted Brussels Sprouts **=[] Fresh Baked Sweet Potato or Yam Chocolate Chip Cookie *=[]Orange Juice



NOTES:



Department of Aging requirements

* Meets Vitamin C requirement

**Meets Vitamin A requirement

***Meets Vitamin A & C

[=] Potassium-rich

[+] High Sodium over 1000 mg

Lunch meets 1/3 requirement

for the Recommended Daily Allowance.

Menu is subject to change without notice

