

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Korean BBQ</b> <u>1</u> (beef w/ LS Korean BBQ sauce) Herb Zucchini ***Broccoli Salad w/ Sliced Radish Pineapple (in own juice) Herbed Brown Rice</p>	<p><b>Fish Vera Cruz</b> <u>2</u> <b>LS Garden Veggie Soup</b> LS Black Beans *Creamy Coleslaw Banana Whole Grain Bread or Warm WG Tortilla</p>	<p><b>Chicken Dijon</b> <u>3</u> <b>LS Tomato Basil Soup</b> Green Beans ***Chopped Salad w/ Kale, Lettuce, Cucumber, Carrots Fresh/Unsweetened Peach Whole Grain Roll</p>	<p><b>Stuffed Bell Pepper</b> <u>4</u> (ground beef &amp; barley) Green Peas Romaine Salad w/ Tomato &amp; 1000 Island Dressing *Orange or Tangerine Dinner Roll Oatmeal Cookie</p>	<p><b>Vegetarian Paella</b> <u>5</u> (LS garbanzo beans, tomato, red pepper &amp; brown rice) Broccoli **Spinach Salad w/ Vinaigrette Dressing *Mango</p>
<p><b>Breaded Baked Fish</b> <u>8</u> <b>LS Butternut Squash OR Pumpkin Soup**</b> **Yam or Sweet Potato *LS Beet &amp; Mandarin Orange Salad Fresh/Unsweetened Peach OR Plum WG Bread</p>	<p><b>Meatloaf</b> <u>9</u> (ground beef w/ LS gravy) Garlic Mashed Potatoes Brussels Sprouts *Pineapple &amp; Mango Whole Grain Roll</p>	<p><b>Turkey Veggie Stir-Fry</b> <u>10</u> w/Lo Mein Noodles &amp; Mixed Asian Veg Blend**(broccoli, bamboo shoots, water chestnuts) <b>LS Vegetable Soup</b> *Cabbage, Cucumber &amp; Radish Salad Whole Grain Bread Poached Ginger Pear</p>	<p><b>Caribbean Chicken</b> <u>11</u> LS Red Beans **Mesclun Salad w/ Shredded Carrots &amp; French Dressing *Kiwi Brown Rice Pilaf</p>	<p><b>Beef Bolognese</b> <u>12</u> w/ WG Penne Pasta &amp; LS Tomato Sauce Herbed Zucchini &amp; Yellow Squash Caesar Salad w/ Croutons Fruit Cup (apple &amp; melon) *100% Orange Juice Vanilla Pudding</p>
<p><b>Chicken Adobo</b> <u>15</u> Green Peas ***Marinated Bell Pepper and Tomato Fresh/Unsweetened Pear or Peach Spanish Brown Rice</p>	<p><b>Quiche</b> <u>16</u> (2 eggs, tofu, spinach, mushrooms, cheese garnish) <b>LS Italian Wedding Soup</b> **Broccoli Caesar Salad *Orange Whole Grain Bread</p>	<p><b>Shepherd's Pie</b> <u>17</u> (ground beef w/ mashed potatoes) **Carrots Mixed Salad Greens w/ French Dressing *Kiwi Whole Grain Roll</p>	<p><b>Baked Fish Almandine</b> <u>18</u> <b>LS Mushroom Soup</b> Green Beans w/ Herbs ***Spinach Salad w/ Kale, Cucumber, Mandarin Orange w/ Italian Dressing Barley w/ Herbs Yogurt Parfait w/ Berries</p>	<p><b>Arroz con Pollo</b> <u>19</u> Chicken w/ Brown Rice LS Pinto Beans *Shredded Cabbage, Mixed Salad Greens &amp; Radish w/ Cilantro Dressing Apple</p>
<p><b>Savory Beef Stew</b> <u>22</u> (beef cubes, carrots, celery, &amp; onion**) Herbed Brussels Sprouts Mashed Potatoes Fresh Fruit in Season *100% Orange Juice Whole Grain Roll Oatmeal Cookie</p>	<p><b>LS Roast Turkey &amp; Gravy</b> <u>23</u> <b>OR Beef Tamale</b> **Whipped Sweet Potato Asparagus OR Green Beans w/ Almonds Ambrosia Salad (apples, celery &amp; walnuts) *[=] Orange Juice WG Roll OR Spanish Brwn Rice Apple Pie</p>	<p><b>24</b>  <b>25</b> <b>26</b></p> <p><b>Meal Program Closed for the Holidays</b></p>		
<p><b>Vegetarian Chili</b> <u>29</u> (LS pinto &amp; kidney beans, LS tomatoes, cheese garnish) **Broccoli Mixed Salad Greens w/ French Dressing *Pineapple &amp; Mango Whole Grain Bread</p>	<p><b>Salmon</b> <u>30</u> w/ LS Dill Sauce <b>LS Split Pea Soup</b> Green Beans LS Beet Salad *Orange Whole Grain Roll</p>	<p><b>Chicken Marsala</b> <u>31</u> [=] Baked Potato w/ Butter **Winter Squash Mixed Salad Greens w/ Blue Cheese Dressing Fresh Fruit in Season *[=] Orange Juice WG Roll Decorated Cake</p>	<p><b>Department of Aging Requirements:</b> <i>Lunch meets 1/3 requirement for the Recommended Daily Allowance.</i> *Meets Vitamin C requirement **Meets Vitamin A requirement ***Meets Vitamin A &amp; C requirement [=] Potassium-rich <b>NOTE: Menu is subject to change without notice.</b> <b>Suggested voluntary contribution – \$3.00 per meal</b></p>	