

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 requirement [=] Potassium-rich NOTE: Menu is subject to change without notice.		Suggested voluntary contribution - \$3.00 per meal	Tamale Pie w/ LS Sauce 1 (ground turkey, cheese garnish polenta/cornmeal) LS Black Beans Mesclun Salad Mix *Pineapple/Mango Fruit Cup Oatmeal Cookie	Meatloaf w/ LS Gravy 2 (ground beef) Garlic Mashed Potatoes Roasted Brussels Sprouts *Orange Whole Grain Roll
Beef Tamale 5 [=] LS Pinto Beans Mixed Green Salad w/ Shredded Cabbage Fresh Fruit in Season * [=] Orange Juice Mexican Brown Rice Flan 	Turkey Milanese 6 (LS Turkey w/ Lemon Sauce) Cauliflower & Zucchini **Carrot Raisin Salad *Orange WG Linguine w/ Pesto Sauce Vanilla Yogurt Parfait w/ Granola	Salmon w/ Dill Sauce 7 Green Beans ***Chopped Mixed Salad w/ Spinach, Kale, Bell Pepper Applesauce Whole Grain Roll	Asian Beef Stir Fry w/ LS Sauce 8 **Mixed Asian Vegetables (broccoli, bamboo shoots, bell peppers, onions) LS Beet Salad * [=] Cantaloupe or Tangerine Brown Rice	Herb Lemon Chicken 9 **Baked Butternut Squash or Fresh Sweet Potato Romaine Salad Fresh Fruit in Season * [=] Orange Juice Brown Rice Pilaf Wheat Roll Decorated Cake 
Spaghetti w/ Meat Sauce 12 (ground turkey, LS tomato sauce, whole grain spaghetti) **Broccoli Caesar Salad Fresh Pear or Peach * [=] Orange Juice	Beef Fajita 13 (beef strips, peppers & onions) LS Pinto Beans Tossed Green Salad w/ Cilantro Dressing *Pineapple & Mango Fruit Cup Whole Grain Warm Tortilla	Mediterranean Chicken 14 **Roasted Vegetables (carrots, onions, peppers, tomatoes) LS Lentil Salad w/ Cucumbers & Vinaigrette Dressing *Cantaloupe or Tangerine Brown Rice Pilaf Pita Bread	Tuna or Baked Fish 15 Herbed Potatoes *Creamy Coleslaw Baked Apple or Applesauce Whole Grain Roll or Noodles	LS Roast Turkey Breast w/ LS Gravy 16 Cranberry Sauce **Fresh Baked Yam or Sweet Potato **Spinach Salad *Kiwi or Orange Whole Grain Stuffing Lemon Pudding
Fish Creole 19 LS Red Beans *Creamy Coleslaw Pear or Plum Warm Whole Grain Tortilla Red Gelatin	Chicken Dijon w/ LS Sauce 20 Herb Zucchini & Green Beans ***Chopped Salad w/ Kale (Lettuce, Cucumber, Carrots) w/ Sesame Dressing Fresh Fruit in Season Whole Grain Roll	Stuffed Bell Pepper 21 (Ground Turkey, Barley) Mixed Vegetables Romaine Salad w/ Tomatoes & Thousand Island Dressing Apple * [=] Orange Juice Dinner Roll	Tuscan Bean Stew 22 (LS Beans, Mushrooms, Carrots, Celery) Roasted Cauliflower **Spinach Salad *Orange Whole Grain Roll	Memorial Day Menu 23 BBQ Beef w/ LS BBQ sauce w/ Whole Grain Bun Roasted Corn Tossed Green Salad Macaroni Salad * [=] Orange Juice Watermelon
 26	LS Turkey Vegetable Stir-Fry 27 (Broccoli, Bamboo Shoots, Water Chestnuts) *Cabbage, Cucumber, Radish Salad w/ Sesame Dressing Poached Ginger Pear Lo Mein Noodles Whole Grain Bread	Caribbean Chicken 28 LS Black Beans Corn ***Carrot, Bell Pepper, Celery Salad Fresh Fruit in Season Brown Rice Pilaf	Turkey Bolognese w/ Penne Pasta 29 (LS Tomato Sauce, Whole Grain Pasta) Herbed Zucchini & Yellow Squash Caesar Salad w/ Croutons Fruit Cup (Apple & Melon) *Orange Juice	Fish & Chips 30 **Roasted Sweet Potato Wedges *Coleslaw Fresh Peach or Plum Whole Grain Roll or Bread Tapioca Pudding