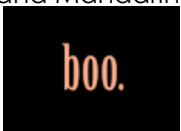


Monday	Tuesday	Wednesday	Thursday	Friday
Spinach Quiche 1 (Swiss Cheese, Eggs) <i>Hearty Vegetable Soup</i> Barley Pilaf w/Herbs Green Beans w/Almonds ***Broccoli Salad [broccoli, raisins, red onions] Apple or Applesauce	Chicken Milanese 2 Linguine w/LS Marinara Sauce Cauliflower & Zucchini Caesar Salad w/Romaine, Croutons, Parmesan Mango & Pineapple	Southwest Turkey Salad 3 <i>Tortilla Soup</i> Entrée Salad - Mixed Salad Greens w/Shredded Cabbage, Corn, Black Beans Whole Grain Roll ***Cantaloupe	Asian Beef Pepper Steak 4 Brown Rice **Mixed Asian Vegetables [broccoli, bamboo shoots, bell peppers, onions] *Beet Salad w/Mandarin Oranges Fresh Peach or Fresh Pear	Southwest Shredded Chicken 5 <i>Corn Chowder</i> Warm Tortilla LS Pinto Beans *Shredded Cabbage w/Tomato Banana
Turkey Vegetable Stir Fry 8 (celery, onions, mushrooms) Jasmine Brown Rice Vegetable in Entrée **Carrot, Bell Pepper Salad * [=] Orange	Tuna Salad Cold Plate 9 (Celery, Onion) <i>Split Pea Soup</i> Whole Grain Roll Herbed Potato Salad *Red & Green Coleslaw Banana	Beef Enchilada Casserole 10 (w/Jack Cheese) Corn Tortilla in Entrée Green Beans w/Mushrooms Mesclun Salad Mix * [=] Fruit Cup w/Mandarin, Pineapple and Mango	Tandoori Chicken 11 <i>Tuscan Vegetable Soup</i> Pita Bread **Ginger Carrots Mixed Salad Greens w/Radish, Cucumber * [=] Cantaloupe or Tangerine	Spaghetti w/Meatballs 12 (Ground Turkey) WG Pasta w/LS Sauce **Mixed Vegetable Blend (Zucchini, Broccoli, Cauliflower) Caesar Salad w/Romaine, Croutons, Parmesan Oatmeal Cookie * [=] Orange Juice
Chicken Caprese Salad 15 <i>Minestrone Soup</i> Whole Grain Roll Entrée Salad w/Spinach, Kale, Romaine, Roma Tomatoes, Shaved Red Onions, Fresh Basil and Herb Croutons *Strawberries and Mango Fruit Cup	Beef Tips 16 w/LS Mushroom Sauce <i>Vegetable Soup</i> Noodles w/Herbs **Carrots and Zucchini Mesclun Salad Mix w/Cucumber ***Cantaloupe OR ** [=] Orange OR Tangerine	Stuffed Bell Pepper 17 (Ground Turkey) Whole Grain Roll Whipped Cauliflower Romaine Salad w/Tomato Chocolate Pudding * [=] Orange Juice	Baked Fish w/Herb Crust or Breaded Fish 18 <i>Potato Leek Soup</i> Barley Pilaf w/Parsley **Broccoli *Coleslaw Fresh Fruit Cup	Cashew Chicken Breast 19 <i>[=] Red Bean Ginger Soup</i> Jasmine Brown Rice Green Beans w/Mushrooms * [=] Beet Salad w/Mandarin Oranges Apple or Applesauce
Beef Fajita 22 [peppers, onions] <i>Albondigas Soup</i> Warm Flour Tortilla [=] LS Pinto Beans Mesclun Mix Salad, carrots ***Cantaloupe OR [=] *Orange OR Tangerine	Santa Fe Chicken 23 Brown Rice Pilaf Green Beans w/Pimento Roasted Corn Oatmeal Cookie [=] *Orange Juice	Hamburger 24 (lettuce, tomato, onion) <i>[=] Tomato Basil Soup</i> Whole Grain Bun [=] Baked Potato Wedges *Red and Green Coleslaw Banana	Chinese Chicken Salad 25 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	Turkey a La King 26 [mushrooms, celery] Parsley Noodles **Broccoli Mixed Green Salad w/Romaine, Radish *Pineapple and Mango Fruit Cup
Chicken Adobo 29 Brown Rice Butternut Squash or Sweet Potato** Green Beans w/Olive Oil Red Gelatin w/Assorted Fruit * [=] Orange Juice	Turkey & Curry Vegetables 30 <i>Mushroom Soup</i> Whole Grain Roll Green Peas *** [=] Spinach Salad w/Kale, Bell Pepper, Cucumber Banana	BBQ Chicken 31 Cornbread **Herbed Carrots Mesclun Salad w/Beets, LS Garbanzo Beans * [=] Pineapple and Mandarin Fruit Cup 	 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	