

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Department of Aging Requirements:</b>                      Lunch meets 1/3 requirement for the Recommended Daily Allowance.                      *Meets Vitamin C requirement      **Meets Vitamin A requirement                      ***Meets Vitamin A &amp; C requirement      [=] Potassium-rich</p> <p><b>NOTE: Menu is subject to change without notice.</b>  <b>Suggested voluntary contribution – \$3.00 per meal</b></p>			 <p><b>CLOSED</b> 1</p>	<p><b>Asian Beef Stir-Fry</b> 2  <b>LS Hot &amp; Sour Soup</b>                      Mixed Asian Vegetables**                      (broccoli, bell pepper, onions)                      **Carrot Raisin Salad                      *Kiwi                      Brown Rice</p>
<p><b>Mediterranean</b> 5  <b>Chicken</b> w/ LS sauce                      **Sauteed Spinach                      LS Tomato &amp; Cucumber Salad w/ Vinaigrette Dressing                      *Kiwi or Orange                      Barley w/ Herbs</p>	<p><b>Spaghetti</b> 6                      (ground turkey, LS tomato sauce, whole grain spaghetti)  <b>LS Mushroom Soup</b>                      Green Beans                      ***Chopped Salad w/ Kale                      Fresh/Unsweetened Pear/Peach                      Chocolate Pudding</p>	<p><b>Beef Fajita</b> 7                      (beef strips w/ peppers &amp; onions)                      LS Pinto Beans                      Tossed Green Salad                      *Cantaloupe or Tangerine                      Warm Whole Grain Tortilla</p>	<p><b>LS Roast Turkey</b> 8                      (sliced LS turkey breast w/ LS gravy)                      **Fresh Baked Yam or Sweet Potato                      Herbed Brussels Sprouts                      *Pineapple &amp; Mango Fruit Cup                      Whole Grain Bread</p>	<p><b>Baked Fish</b> 9                      w/ Tartar Sauce  <b>LS Corn Chowder</b>                      Herb Roasted Potatoes                      *Creamy Coleslaw                      Baked Apple or Unsweetened Applesauce                      Whole Grain Roll</p>
<p><b>Korean BBQ</b> 12                      (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> 13  <b>LS Garden Veggie Soup</b>                      LS Black Beans                      *Creamy Coleslaw                      Banana                      Whole Grain Bread or WG Tortilla</p>	<p><b>Chicken Dijon</b> 14  <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> 15                      (ground beef, barley and LS sauce)                      Green Peas                      Romaine Salad w/ Tomato                      *Orange or Tangerine                      Dinner Roll                      Oatmeal Cookie</p>	<p><b>Oven Fried Chicken</b> 16                      [=] Seasoned Greens or Spinach      Whipped Turnips                      Tossed Green Salad                      Fresh Fruit in Season                      * [=] Orange Juice                      Brown Rice Pilaf                      Corn Bread                      Rice Pudding</p>
<p><b>CLOSED</b>                      HAPPY  <b>MARTIN LUTHER</b>                      KING JR. DAY</p>	<p><b>Meatloaf</b> 20                      (ground beef w/ LS gravy)                      Garlic Mashed Potatoes                      Brussels Sprouts                      *Pineapple &amp; Mango Fruit                      Whole Grain Roll</p>	<p><b>Turkey Veggie Stir-Fry</b> 21                      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> 22                      LS Red Beans                      **Mesclun Salad w/ Shredded Carrots                      *Kiwi                      Brown Rice Pilaf</p>	<p><b>Beef Bolognese</b> 23                      w/ WG Penne Pasta &amp; LS Tomato Sauce                      Herbed Zucchini &amp; Yellow Squash                      Salad w/ Croutons                      Fruit Cup (apple &amp; melon)                      *100% Orange Juice                      Vanilla Pudding</p>
<p><b>Chicken Adobo</b> 26                      Green Peas                      ***Marinated Bell Pepper and Tomato                      Fresh/Unsweetened Pear or Peach                      Spanish Brown Rice</p>	<p><b>Quiche</b> 27                      (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> 28                      (ground beef w/ mashed potatoes)                      **Carrots                      Mixed Salad Greens                      *Kiwi                      Whole Grain Roll</p>	<p><b>Baked Fish Almandine</b> 29  <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> 30                      Chicken w/ Brown Rice                      LS Pinto Beans                      *Shredded Cabbage, Mixed Salad Greens &amp; Radish                      Apple</p>