

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Breaded Baked Fish <u>2</u> **Yam or Sweet Potato Carrots** *LS Beet & Mandarin Orange Salad Fresh/Unsweetened Peach OR Plum Whole Grain Bread</p>	<p>Meatloaf <u>3</u> (ground beef w/ LS gravy) Garlic Mashed Potatoes Brussels Sprouts *Pineapple & Mango Fruit Whole Grain Roll</p>	<p>Turkey Veggie Stir-Fry <u>4</u> w/ Lo Mein Noodles & Mixed Asian Veg Blend** (broccoli, onions) Green Peas *Cabbage, Cucumber & Radish Salad Poached Ginger Pear Whole Grain Bread</p>	<p>Caribbean Chicken <u>5</u> LS Red Beans **Mesclun Salad w/ Shredded Carrots *Kiwi Brown Rice Pilaf</p>	<p>Tuna Salad <u>6</u> LS Garden Herb Vegetable Soup **Spinach Salad w/ Shredded Cabbage & Cranberries Potato Salad *Orange Juice WG Roll</p>
<p>Chicken Adobo <u>9</u> Green Peas ***Marinated Bell Pepper and Tomato Fresh/Unsweetened Pear or Peach Spanish Brown Rice</p>	<p>Quiche <u>10</u> (2 eggs, tofu, spinach, mushrooms, cheese garnish) LS Italian Wedding Soup **Broccoli Caesar Salad *Orange WG Bread</p>	<p>Shepherd's Pie <u>11</u> (ground beef w/ mashed potatoes) **Carrots Mixed Salad Greens *Kiwi Whole Grain Roll</p>	<p>Arroz con Pollo <u>12</u> Chicken w/ Brown Rice LS Pinto Beans *Shredded Cabbage, Mixed Salad Greens & Radish Apple</p>	<p>Baked Fish Almandine <u>13</u> LS Mushroom Soup Green Beans w/ Herbs ***Spinach Salad w/ Kale, Cucumber, Mandarin Orange Barley w/ Herbs Yogurt Parfait w/ Berries</p>
<p>Savory Beef Stew <u>16</u> (beef cubes, carrots, celery & onion** w/ LS sauce) Herbed Brussels Sprouts Mashed Potatoes Fresh Fruit in Season *100% Orange Juice Oatmeal Cookie WG Roll</p>	<p>Corn Beef [+]<u>17</u> w/ LS Gravy [=] Red Potatoes Steamed Cabbage **Carrots Kiwi or Grapes *[=] Orange Juice Whole Rye Bread Vanilla Pudding </p>	<p>Baked Pollak <u>18</u> w/ Lemon Sauce LS Lentil Soup Yellow Squash ***Broccoli Salad Unsweetened Applesauce Barley Pilaf</p>	<p>BBQ Chicken <u>19</u> w/ LS Sauce *Tri Color Coleslaw Canned Pear or Melon Macaroni w/ Cheese Whole Grain Roll</p>	<p>Vegetarian Frittata <u>20</u> (2 eggs, tofu, mushrooms, onions, cheese garnish) Green Beans **Spinach Salad w/ Shredded Cabbage *Orange Whole Grain Roll</p>
<p>Vegetarian Chili <u>23</u> (LS pinto & kidney beans, LS tomatoes, cheese garnish) **Broccoli Mixed Salad Greens *Pineapple & Mango Fruit Cup Whole Grain Bread</p>	<p>Hawaiian Chicken <u>24</u> (w/ LS sauce, water chestnuts, mushrooms, pineapple garnish) Mesclun Salad *Cantaloupe or Tangerine Brown Rice</p>	<p>Turkey Milanese <u>25</u> (w/ LS red sauce & whole grain linguine) Zucchini ***Chopped Mixed Salad w/ Spinach, Kale, Bell Pepper Banana Lemon Pudding</p>	<p>Asian Beef Stir-Fry <u>26</u> (beef strips w/ LS sauce) LS Hot & Sour Soup Mixed Asian Vegetables** (broccoli, bell pepper, onions) **Carrot Raisin Salad *Kiwi Brown Rice</p>	<p>Salmon <u>27</u> w/ LS Dill Sauce LS Split Pea Soup Green Beans LS Beet Salad *Orange Whole Grain Roll</p>
<p>Chicken Mole <u>30</u> w/ LS Sauce **Peas & Carrots Tomato Cucumber Salad Fresh Fruit in Season *[=] Orange Juice Spanish Brown Rice Warm Flour Tortilla Flan w/ Cinnamon</p>	<p>Spaghetti <u>31</u> (ground turkey, LS tomato sauce, whole grain spaghetti) LS Mushroom Soup Green Beans ***Chopped Salad w/ Kale Fresh/Unsweetened Pear/Peach Chocolate Pudding</p>	<p style="text-align: center;">Department of Aging Requirements: <i>Lunch meets 1/3 requirement for the Recommended Daily Allowance.</i> *Meets Vitamin C requirement **Meets Vitamin A requirement ***Meets Vitamin A & C requirement [=] Potassium-rich [+] High Sodium NOTE: Menu is subject to change without notice. Suggested voluntary contribution – \$3.00 per meal</p>		