



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Low-Fat Milk (8oz) is included daily. Suggested donation - \$3.00 per meal. Menu is subject to change without notice.</p>		<p>Beef Fajita (Strips) 1 (Peppers & Onions) LS Pinto Beans Tossed Green Salad *Cantaloupe or Tangerine Warm Whole Grain Tortilla</p>	<p>Easter Menu 2 LS Turkey w/LS Sauce [=]**Whipped Sweet Potato Mixed Green Salad w/Spinach & Strawberries *[-]Orange Juice Brown Rice Pilaf Whole Grain Roll Tapioca or Lemon Pudding</p> 	<p>Tuna Salad Cold Plate 3 w/Celery and Onions Corn Chowder Soup Herb Potato Salad *Creamy Coleslaw Baked Apple <u>or</u> Unsweetened Applesauce Whole Grain Roll</p>
<p>Korean BBQ (Beef) 6 w/LS Korean BBQ sauce Herb Zucchini ***Broccoli Salad w/sliced Radish Pineapple (in own juice) Herbed Brown Rice</p>	<p>Fish Vera Cruz 7 LS Garden Vegetable Soup LS Black Beans *Creamy Coleslaw Banana Whole Grain Bread <u>or</u> Warm Whole Grain Tortilla</p>	<p>Chicken Dijon 8 LS Tomato Basil Soup Green Beans ***Chopped Salad W/Kale, Lettuce, Cucumber, Carrots Fresh or Unsweetened Peach Whole Grain Roll</p>	<p>Stuffed Bell Pepper 9 (Ground Beef, Barley in Entrée) Green Peas Romaine Salad w/Tomato *Orange or Tangerine Dinner Roll Oatmeal Cookie</p>	<p>Vegetarian Paella 10 (LS Garbanzo Beans, Tomato & Red Pepper, Brown Rice in entrée) Broccoli **Spinach Salad *Mango</p>
<p>Breaded Baked Fish 13 w/Tartar Sauce L/S Buffernut Squash or Pumpkin Soup **Yam or Sweet Potato *LS Beet & Mandarin Orange Salad Fresh or Unsweetened Peaches <u>OR</u> Plum Whole Grain Bread</p>	<p>House Made Meatloaf 14 w/Gravy (Ground Beef) Garlic Mashed Potatoes Brussels Sprouts *Pineapple/Mango Fruit Cup Whole Grain Roll</p>	<p>Turkey Vegetable Stir-fry 15 L/S Vegetable Soup Asian Veg. Blend (Broccoli, Bamboo Shoots, Water Chestnuts) *Cabbage, Cucumber, Radish Salad w/Sesame dressing Poached Ginger Pear <u>OR</u> unsweetened canned Lo Mein Noodles Whole Grain Bread</p>	<p>Caribbean Chicken 16 LS Red Beans **Mesclun Salad w/Shredded Carrots *Kiwi Brown Rice Pilaf</p>	<p>Bolognese 17 w/Penne Pasta (Ground Beef, Tomato sauce) Herbed Zucchini & Yellow Squash Caesar Salad w/croutons Fruit Cup (Apple & Melon) *Orange Juice Whole Grain Pasta Vanilla Pudding</p>
<p>Chicken Adobo 20 Green Peas ***Marinated Bell Pepper & Tomato Fresh or Unsweetened Pear or Peach Spanish Brown Rice</p>	<p>Quiche 21 (Eggs, Tofu, Spinach, Mushrooms, Cheese Garnish) L/S Italian Wedding Soup **Broccoli Caesar Salad w/Caesar Drg. *Orange Whole Grain Bread</p>	<p>Shepherd's Pie 22 (Ground Beef) Mashed Potatoes **Carrots Mixed Salad Greens Pineapple/Mango Fruit Cup Whole Grain Roll</p>	<p>Baked Fish Almandine 23 L/S Mushroom Soup Green Beans w/Herbs ***Spinach Salad w/Kale, Cucumber, Mandarin Orange Barley w/Herbs Yogurt Parfait w/Berries</p>	<p>Arroz con Pollo 24 (Brown Rice in entrée) LS Pinto Beans *Shredded Cabbage, Mixed Salad Greens & Radish Apple</p>
<p>Savory Beef Stew 27 (Beef Cubes, Carrots, Celery, Onion**) Mashed Potatoes Herbed Brussel Sprouts Fresh Fruit in Season *[-]Orange Juice Whole Grain Roll Oatmeal Cookie</p>	<p>Enchilada Casserole 28 LS Salsa Verde (Ground Turkey w/Cheese Garnish, Green Sauce, Corn Tortilla in Entrée) LS Black Beans Mesclun Salad Mix Mango Fruit Cup Spanish Brown Rice</p>	<p>Baked Pollack 29 w/Lemon Sauce L/S Lentil Soup Yellow Squash ***Broccoli Salad Unsweetened Applesauce Barley Pilaf</p>	<p>BBQ Chicken 30 w/LS Sauce *Tri-Color Coleslaw Canned Pear in Juice <u>or</u> Melon Macaroni w/Cheese Whole Grain Roll</p>	<p>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 [=] Potassium-rich</p>