





Monday	Tuesday	Wednesday	Thursday	Friday
<p>Low-Fat Milk (8oz) is included daily.</p> <p>Suggested donation – \$3.00 per meal.</p> <p>Menu is subject to change without notice.</p>	<p>Department of Aging Requirements: Lunch meets 1/3 requirement for the Recommended Daily Allowance.</p> <p>* Meets Vitamin C requirement **Meets Vitamin A requirement ***Meets Vitamin A & C [=] Potassium-rich</p>			<p>Open Face Hot Turkey 1 Sandwich w/gravy L/S Chicken Soup Green Beans **Spinach Salad w/Shredded Cabbage *Orange Whole Grain Bread</p>
<p>Vegetarian Chili 4 (LS Pinto & Kidney Beans, LS Tomatoes, Cheese Garnish) **Broccoli Mixed Salad Greens *Pineapple & Mango Fruit Cup Whole Grain Bread</p>	<p>Cinco de Mayo Menu 5 Beef Picadillo or Alt – Beef Tamale [=] LS Pinto Beans Mixed Green Salad w/Shredded Cabbage Fresh Fruit in Season *[=] Orange Juice Mexican Brown Rice Flour Tortilla & Flan</p> 	<p>Turkey Milanese 6 w/LS Red Sauce Zucchini ***Chopped Mixed Salad w/Spinach, Kale, Bell Pepper Banana Whole Grain Linguine Lemon Pudding</p>	<p>Salmon w/Dill Sauce 7 L/S Split Pea Soup Green Beans LS Beet Salad *Orange Whole Grain Roll</p>	<p>Mother's Day Menu 8 Herb Lemon Chicken Baked Butternut Squash or Fresh Sweet Potato Romaine Salad Fresh Fruit in Season *[=] Orange Juice Brown Rice Pilaf Wheat Roll Decorated Cake</p> 
<p>Mediterranean Chicken 11 **Sauté Spinach LS Tomato & Cucumbers Salad *Kiwi <u>or</u> Orange Barley w/Herbs</p>	<p>Spaghetti w/Meat Sauce 12 (Ground Turkey, LS Tomato) LS Mushroom Soup Green Beans ***Chopped Salad w/Kale Fresh <u>or</u> Unsweetened Pear <u>or</u> Peach Whole Grain Spaghetti Chocolate Pudding</p>	<p>Beef Fajita (Strips) 13 (Peppers & Onions) LS Pinto Beans Tossed Green Salad *Cantaloupe <u>or</u> Tangerine Whole Grain Warm Tortilla</p>	<p>LS Roast Turkey Breast 14 w/LS Gravy **Fresh Baked Yam <u>or</u> Sweet Potato Herbed Brussel Sprouts *Pineapple & Mango Fruit Cup Whole Grain Bread</p>	<p>Baked Fish 15 w/Tartar sauce Corn Chowder Soup Herb Roasted Potatoes *Creamy Coleslaw Baked Apple <u>or</u> Unsweetened Applesauce Whole Grain Roll</p>
<p>Korean BBQ (Beef) 18 w/LS Korean BBQ sauce Herb Zucchini ***Broccoli Salad w/sliced Radish Pineapple (in own juice) Herbed Brown Rice</p>	<p>Fish Vera Cruz 19 LS Garden Veg. Soup LS Black Beans *Creamy Coleslaw Banana Whole Grain Bread <u>or</u> Warn Whole Grain Tortilla</p>	<p>Chicken Dijon 20 LS Tomato Basil Soup Green Beans ***Chopped Salad W/Kale, Lettuce, Cucumber, Carrots Fresh <u>or</u> Unsweetened Peaches Whole Grain Roll</p>	<p>Stuffed Bell Pepper 21 (Ground Beef, Barley in Entrée) Green Peas Romaine Salad w/Tomato *Orange <u>or</u> Tangerine Dinner Roll Oatmeal Cookie</p>	<p>Memorial Day Menu 22 BBQ Chicken on a Bun Roasted Corn **Spinach Salad Watermelon *[=]Orange Juice Whole Grain Bun Macaroni Salad</p> 
<p>Memorial Day 25</p> 	<p>House Made Meatloaf 26 w/Gravy (Ground Beef) Garlic Mashed Potatoes Brussels Sprouts *Pineapple/Mango Fruit Cup Whole Grain Roll</p>	<p>Turkey Vegetable Stir-fry 27 (Broccoli, Bamboo Shoots, Water Chestnuts) LS Vegetable Soup *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 28 LS Red Beans **Mesclun Salad w/Shredded Carrots *Kiwi Brown Rice Pilaf</p>	<p>Bolognese 29 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>