

Monday	Tuesday	Wednesday	Thursday	Friday
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				Vegetarian Paella <u>1</u> (Garbanzo, Tomato & Red Pepper) Broccoli **Spinach Salad *Mango Brown Rice in entree
Low-Fat Milk (8oz) is included daily. Suggested donation - \$3.00 per meal. Menu is subject to change without notice.				
Breaded Baked Fish w/Tartar Sauce <u>4</u> **Yam or Sweet Potato *LS Beet & Mandarin Orange Salad Fresh or Unsweetened Peaches OR Plum Whole Grain Bread	House Made Meatloaf w/Gravy <u>5</u> (Ground Beef) Garlic Mashed Potatoes Brussels Sprouts *Pineapple/Mango Fruit Cup Whole Grain Roll	Turkey Vegetable Stir-fry <u>6</u> (Broccoli, Bamboo Shoots, Water chestnuts) *Cabbage, Cucumber, Radish Salad w/Sesame Drsg. Poached Ginger Pear OR unsweetened canned Lo Mein Noodles Whole Grain Bread	Chicken Cobb Salad <u>7</u> (LS Herbed Chicken, Hard Cooked Egg) ***Mesclun Salad w/Shredded Carrots, Tomatoes & Bell Pepper Fresh Seasonal Fruit Whole Grain Roll	Bolognese w/Penne Pasta <u>8</u> (Ground Beef, Tomato sauce) Herbed Zucchini & Yellow Squash Caesar Salad w/croutons Fruit Cup (Apple & Melon) *Orange Juice Whole Grain Pasta Tapioca Pudding
Southwest Chicken Bowl <u>11</u> (LS Pinto or Black Beans Cheese Garnish) *Shredded Cabbage, Mixed Salad Greens, Radish Corn Salad Fresh or Unsweetened Peaches OR Melon Whole Grain Roll	Quiche <u>12</u> (Eggs, Tofu, Spinach, Mushrooms, Cheese Garnish) **Broccoli Caesar Salad w/Caesar Drg. *Orange Whole Grain Bread	Shepherd's Pie <u>13</u> (Ground Beef) Mashed Potatoes **Carrots Mixed Salad Greens *Kiwi Whole Grain Roll	Baked Fish Almandine <u>14</u> Green Beans w/Herbs ***Spinach Salad w/Kale, Cucumber, Mandarin Orange Barley w/Herbs Yogurt Parfait w/Berries	Arroz con Pollo <u>15</u> (Brown Rice in entrée) LS Pinto Beans *Shredded Cabbage, Mixed Salad Greens & Radish Apple
Savory Beef Stew <u>18</u> (Beef Cubes, Carrots, Celery, Onion**) Mashed Potatoes Herbed Brussel sprouts Fresh Fruit in Season *Orange Juice Whole Grain Roll Oatmeal Cookie	Enchilada Casserole <u>19</u> LS Salsa Verde (Ground Turkey w/Cheese Garnish, Green Sauce, Corn Tortilla in Entrée) LS Black Beans Mesclun Salad *Kiwi Spanish Brown Rice	Baked Pollack w/Lemon Sauce <u>20</u> Yellow Squash ***Broccoli Salad Unsweetened Applesauce Barley Pilaf	BBQ Chicken w/LS Sauce <u>21</u> Tri-Color Coleslaw Canned Pear in Juice or Melon Mac & Cheese Whole Grain Roll	Turkey Caprese Salad <u>22</u> Bowl (Herbed Turkey, Mozzarella Cheese Garnish) Spinach Salad w/Shredded Cabbage w/Cucumber, Tomato, LS Garbanzo Beans *Strawberries OR Cantaloupe Whole Grain Pita Bread
Vegetarian Chili <u>25</u> (Pinto & Kidney Beans, Tomatoes, Cheese Garnish) **Broccoli Mixed Salad Greens *Pineapple & Mango Fruit Cup Whole Grain Bread	Hawaiian Chicken Breast <u>26</u> (w/LS Sauce, Water Chestnuts, Mushrooms, Pineapple Garnish) Mesclun Salad *Cantaloupe or Tangerine Jasmine Brown Rice or Brown Rice	Turkey Milanese Breast <u>27</u> w/LS Red Sauce Zucchini ***Chopped Mixed Salad w/Spinach, Kale, Bell Pepper Banana Whole Grain Linguine Lemon Pudding	Salmon w/Dill Sauce <u>28</u> Green Beans LS Beet Salad *Orange Whole Grain Roll	Labor Day Menu <u>29</u> Cheeseburger (ground beef) w/whole bun **Broccoli Salad Tossed Green Salad Macaroni Salad Watermelon or Strawberries *[=]Orange Juice
We will be Closed for Labor Day Monday, September 1, 2025				

