

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|--|--|--|--|
| <b>Department of Aging Requirements:</b><br>Lunch meets 1/3 requirement for the Recommended Daily Allowance.<br>* Meets Vitamin C requirement      ***Meets Vitamin A & C requirement<br>**Meets Vitamin A requirement      [=] Potassium-rich<br><b><u>NOTE: Menu is subject to change without notice.</u></b> |  |  | <b>Suggested<br/>voluntary<br/>contribution –<br/>\$3.00 per meal</b>  | <b>Vegetarian Paella <u>1</u></b><br>(LS garbanzo beans, tomato, red pepper, LS sauce, & brown rice)<br>Broccoli      *Mango<br>**Spinach Salad w/ Vinaigrette Dressing                                      |
| <b>Breaded Baked Fish <u>4</u></b><br>w/ Tartar Sauce<br>**Yam or Sweet Potato<br>*LS Beet & Mandarin Orange Salad<br>Fresh or Unsweetened Peaches or Plum<br>Whole Grain Bread   | <b>Meatloaf <u>5</u></b><br>(ground beef w/ LS gravy)<br>Garlic Mashed Potatoes<br>Brussels Sprouts<br>*Pineapple & Mango Fruit Cup<br>Whole Grain Roll  | <b>Turkey Veggie Stir-Fry <u>6</u></b><br>w/ Lo Mein Noodles, LS Sauce & Mixed Asian Veg Blend**<br>(broccoli, bamboo shoots, water chestnuts)<br>*Cabbage, Cucumber, Radish Salad w/ Sesame Dressing<br>Poached Ginger Pear<br>Whole Grain Roll | <b>Chicken Cobb Salad <u>7</u></b><br>LS Herbed Chicken, Hard Cooked Egg, ***Mesclun Salad w/ Shredded Carrots, Tomatoes & Bell Pepper w/ 1000 Island Dressing<br>Fresh Season Fruit<br>Whole Grain Roll | <b>Beef Bolognese <u>8</u></b><br>w/ WG Penne Pasta & LS Tomato Sauce<br>Herbed Zucchini & Yellow Squash      *Orange Juice<br>Caesar Salad w/ Croutons<br>Fruit Cup (apple & melon)<br>Tapioca Pudding      |
| <b>Southwest Chicken <u>11</u></b><br><b>Bowl</b> w/ LS Pinto or Black Beans & Cheese Garnish<br>*Shredded Cabbage, Mixed Salad Greens, Radish w/ Cilantro Dressing<br>Corn Salad      WG Roll<br>Fresh or Unsweetened Peaches or Melon   | <b>Quiche <u>12</u></b><br>(2 eggs, tofu, spinach, mushrooms, cheese garnish)<br>**Broccoli<br>Caesar Salad<br>*Orange<br>Whole Grain Bread  | <b>Shepherd's Pie <u>13</u></b><br>(ground beef w/ mashed potatoes)<br>**Carrots<br>Mixed Salad Greens w/ French Dressing<br>*Kiwi<br>Whole Grain Roll   | <b>Baked Fish Almandine <u>14</u></b><br>LS Sauce<br>Green Beans w/ Herbs<br>***Spinach Salad w/ Kale, Cucumber, Mandarin Orange w/ Italian Dressing<br>Barley w/ Herbs<br>Yogurt Parfait w/ Berries     | <b>Arroz con Pollo <u>15</u></b><br>Chicken w/ Brown Rice & LS Sauce<br>LS Pinto Beans<br>*Shredded Cabbage, Mixed Salad Greens & Radish w/ Cilantro Dressing<br>Apple                                       |
| <b>Savory Beef Stew <u>18</u></b><br>(beef cubes, carrots, celery, onion** & LS sauce)<br>Herbed Brussels Sprouts<br>Mashed Potatoes<br>Fresh Fruit in Season<br>*Orange Juice      WG Roll<br>Oatmeal Cookie   | <b>Enchilada Casserole <u>19</u></b><br>(ground turkey w/ cheese garnish, LS salsa verde, w/ corn tortilla)<br>LS Black Beans<br>Mesclun Salad Mix w/ Cilantro Dressing      *Kiwi<br>Spanish Brown Rice | <b>Baked Pollack <u>20</u></b><br>w/ Lemon Sauce<br>Yellow Squash<br>***Broccoli Salad<br>Unsweetened Applesauce<br>Barley Pilaf   | <b>BBQ Chicken <u>21</u></b><br>w/ LS Sauce<br>*Tri Color Coleslaw<br>Canned Pear or Melon<br>Macaroni w/ Cheese<br>Whole Grain Roll   | <b>Turkey Caprese <u>22</u></b><br><b>Salad</b> (spinach w/ shredded cabbage, cucumber, tomato, LS garbanzo beans, cheese garnish & pesto dressing)<br>*Strawberries or Cantaloupe<br>Whole Grain Pita Bread |
| <b>Vegetarian Chili <u>25</u></b><br>(LS pinto & kidney beans, LS tomatoes, cheese garnish)<br>**Broccoli<br>Mixed Salad Greens w/ French Dressing<br>*Pineapple & Mango Fruit Cup<br>Whole Grain Bread   | <b>Hawaiian Chicken <u>26</u></b><br>(w/ LS sauce, water chestnuts & mushrooms, pineapple garnish)<br>Mesclun Salad w/ Ranch Dressing<br>*Cantaloupe or Tangerine<br>Brown Rice                          | <b>Turkey Milanese <u>27</u></b><br>(w/ LS red sauce & whole grain linguine)<br>Zucchini<br>***Chopped Mixed Salad w/ Spinach, Kale, Bell Pepper & Italian Dressing<br>Banana<br>Lemon Pudding   | <b>Salmon <u>28</u></b><br>w/ LS Dill Sauce<br>Green Beans<br>LS Beet Salad<br>*Orange<br>Whole Grain Roll   | <b>Labor Day Menu <u>29</u></b><br><b>Cheeseburger</b> w/ WG Bun<br>**Broccoli Salad<br>Tossed Green Salad w/ Ranch Dressing<br>Watermelon or Strawberries<br>* [=] Orange Juice<br>Macaroni Salad           |