

Monday	Tuesday	Wednesday	Thursday	Friday
<p>CLOSED 2</p> 	<p>Beef Fajita 3 (w/peppers & onions) Warm Flour Tortilla Spanish Rice (½ brown & ½ white) [=]LS Pinto Beans **Carrot, Raisin Salad * [=]Tangerine/Tangelo</p>	<p>Garlic Roasted Chicken 4 Whole Grain Noodles w/Herbs Whipped Cauliflower *Coleslaw (Red & Green Cabbage) Peach or Nectarine or Plum</p>	<p>[=]Tuna Salad Plate 5 (w/celery & onion) Green Salad w/Tomato, Radish, Cucumbers, 1000 Island dressing [=]LS Corn Chowder Whole Grain Bread ***Broccoli Salad * [=]Fruit Cup w/Melon & Strawberries</p>	<p>Chicken Cacciatore 6 w/LS Tomato Sauce [=]LS Lentil Soup Whole Grain Baked Ziti ***Carrots & Zucchini w/Herbs *Mixed Salad Greens w/Brussels Sprouts, Bell Pepper Apple</p>
<p>Swedish Meatballs 9 Ground Beef w/LS Sauce Whole Grain Tarragon Noodles * [=]LS Beet w/Mandarin Orange Peas w/Onions [=] Banana</p>	<p>Oven Fried Chicken 10 LS Vegetable Barley Soup Macaroni & Cheese ** [=]Fresh Baked Sweet Potato *Coleslaw w/Pineapple Fresh Fruit in Season</p>	<p>Turkey Chow Mein 11 Vegetable in entrée (celery, corn, peas, turnips) Jasmine Brown Rice Mixed Green Salad w/Tomato, radish, LS Asian dressing * [=]Fruit Cup w/Melon, Strawberries</p>	<p>Cheeseburger 12 (Lettuce, Tomato, Onions) Whole Grain Bun [=] Oven Roasted Red Potato **Carrot Raisin Salad Tapioca or Rice Pudding * [=]Orange Juice</p>	<p>Baked Salmon 13 w/Dill Sauce LS Split Pea Soup Whole Grain Roll Whipped Cauliflower ***Spinach Salad w/Mandarin Orange Fresh Peach or Pear</p>
<p>Cashew Chicken 16 LS Egg Drop Soup Jasmine Brown Rice **Carrots & Zucchini w/Herbs *Coleslaw Mixed Fresh Fruit Cup</p>	<p>Stuffed Bell Pepper 17 Ground Beef w/LS Tomato Sauce Whole Grain Roll **Broccoli Crowns *** [=]Mixed Salad w/Kale, Brussels Sprouts & Mango [=]Vanilla Pudding</p>	<p>Vegetable Quiche 18 (Eggs, Swiss Cheese, Mushrooms) LS Butternut Squash Soup Vegetable Barley Pilaf Peas and Onions ** [=]Spinach Salad w/Tomato * [=]Orange</p>	<p>Chinese Chicken Salad 19 [=]*Mixed Salad Greens w/Shredded Cabbage, Bamboo Shoots, Mandarin Sesame Dressing LS Chinese Vegetable Soup Whole Grain Roll LS Beet and Onion Salad Fresh Fruit in Season</p>	<p>Meat Lasagna 20 Ground Turkey w/LS Tomato Sauce In Entrée - Noodles, vegetables - Zucchini & Mushrooms) Whole Grain Roll Mesclun Salad Mix w/Cucumber, Celery, Italian dressing [=]Cantaloupe * [=]Orange Juice</p>
<p>Tuna Salad Cold Plate 23 (w/onion & celery) [=]LS Tomato Basil Soup Whole Grain Roll ***Broccoli Salad (broccoli, raisins) **Spinach Salad w/Cucumber, Vinaigrette dressing * [=]Orange or Strawberries</p>	<p>Tandoori Style Chicken 24 w/LS Sauce Pita Bread Brown Rice **Ginger Carrots Mesclun Salad Mix w/LS Chickpeas, Radish, Ranch dressing [=]Banana * [=]Orange Juice</p>	<p>Spaghetti w/Meatballs 25 Ground Beef w/LS Tomato Sauce Whole Grain Pasta Italian Vegetable Blend (Cauliflower, Italian Beans, Zucchini) Caesar Salad w/Romaine, Croutons, Parmesan ***Cantaloupe or Tangerine</p>	<p>Tarragon Turkey Stew 26 [mushrooms, peas, carrots, barley] Biscuit * [=]Green Salad (Lettuce, Shredded Brussels Sprouts, Bell Pepper, Cucumber), Italian dressing Fresh Fruit Cup</p>	<p>BBQ Chicken 27 Tortilla Soup Whole Grain Roll LS Black-Eyed Peas ***Cabbage Kale Salad w/celery, 1000 Island dressing Apple or Applesauce</p>
<p>Roast LS Turkey Breast 30 w/LS Gravy & Cranberry Sauce Whole Grain Bread Stuffing ** [=]Fresh Whole Yam Romaine Salad w/Radishes, Ranch dressing Fresh Peach or Unsweetened Canned * [=]Orange Juice</p>	 <p>HEALTHY AGING September is Healthy Aging Month</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 Suggested Donation-\$3.00 per meal Lunch service begins @ 11:45 Menu is subject to change without notice</p>