

Monday	Tuesday	Wednesday	Thursday	Friday
Tuna Salad Cold Plate 1 (w/onion & celery) [=]LS Tomato Basil Soup Whole Grain Roll ***Broccoli Salad (broccoli, raisins) **Spinach Salad w/Cucumber, Vinaigrette dressing * [=] Orange or Strawberries	Spaghetti w/Meatballs 2 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	Independence Day 3 Menu BBQ Chicken w/LS Sauce Whole Grain Roll [=]LS Baked Beans [=]Coleslaw* Apple Pie	4 CLOSED 	Tandoori Style Chicken 5 w/LS Sauce Pita Bread Brown Rice **Ginger Carrots Mesclun Salad Mix w/LS Chickpeas, Radish, Ranch dressing [=]Banana * [=] Orange Juice
Roast LS Turkey Breast 8 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	Baked Fish w/Vera Cruz 9 w/LS Sauce LS Potato Leek Soup Whole Grain Dinner Roll Green Beans with Herbs & Olive Oil [=]LS Beet Salad w/Orange Chocolate Pudding	SW Chicken Salad 10 ***Shredded Cabbage, Brussels Sprouts, Kale w/Tomato, Tortilla Strips w/Cilantro dressing LS Vegetable Soup Warm Tortilla LS Black Bean & Corn Salad Fresh Fruit Cup	Beef Vegetable Stir Fry 11 w/LS Ginger Sauce (celery, onions, broccoli, bamboo shoots) [=]LS Red Bean Ginger Soup Jasmine Brown Rice ***Spinach Salad w/Mandarin Orange & LS Asian dressing [=]Banana	Meatloaf 12 Ground Turkey w/LS Mushroom Sauce Whole Grain Bread [=]Sage Mashed Potatoes w/LS Gravy **Carrots & Green Peas * [=] Cantaloupe or Orange or Tangerine
Caribbean Chicken 15 LS Vegetable Black Bean Soup Brown Rice Corn *** [=] Mixed Salad w/Kale, Shredded Brussels Sprouts, Lettuce, Spinach Fresh peach or Nectarine or Unsweetened Canned	Turkey Caesar Salad 16 w/Romaine, Croutons, Parmesan, Caesar dressing LS Minestrone Soup Whole Grain Roll LS Marinated 3-Bean Salad * [=] Orange	Fish Sandwich 17 w/Tartar Sauce Albondigas Soup Whole Grain Bun **Whipped Sweet Potato or Yam ***Broccoli Salad [broccoli, raisins, red onion] [=]Lemon Pudding	18 Chicken Adobo Whole Grain Roll Barley w/Herbs **Carrots w/Fresh Herbs *Coleslaw [red & green cabbage] Fresh Fruit in Season	Enchilada Casserole 19 Ground Beef, w/Jack Cheese w/LS Sauce Corn Tortilla in Entrée LS Pinto Beans Mesclun Salad Mix w/Cilantro dressing * [=] Fruit Cup w/Mandarin, Pineapple and Mango
Shepherds Pie 22 Ground Turkey, w/Mushrooms, Green Beans, Mashed Potatoes Whole Grain Roll **Broccoli Assorted Salad Greens w/Celery, Apple & Ranch dressing [=]Banana * [=] Orange Juice	Beef Fajita 23 (w/peppers & onions) Warm Flour Tortilla Spanish Rice [=]LS Pinto Beans **Carrot, Raisin Salad * [=] Cantaloupe	Garlic Roasted Chicken 24 Whole Grain Noodles w/Herbs Whipped Cauliflower *Coleslaw (red & green cabbage) Peach or Nectarine or Plum	[=]Tuna Salad Plate 25 (w/celery & onion) Green Salad w/Tomato, Radish, Cucumber, 1000 Island dressing [=]LS Corn Chowder Whole Grain Bread ***Broccoli Salad * [=] Fruit Cup w/Melon & Strawberries	Chicken Cacciatore 26 w/LS Tomato Sauce [=]LS Lentil Soup Whole Grain Baked Ziti ***Carrots & Zucchini w/Herbs *Mixed Salad Greens w/Brussels Sprouts, Bell Pepper Apple
Swedish Meatballs 29 Ground Beef w/LS Sauce Whole Grain Tarragon Noodles * [=]LS Beet w/Mandarin Orange Peas w/Onions [=] Banana	Oven Fried Chicken 30 LS Vegetable Barley Soup Macaroni & Cheese ** [=] Fresh Baked Sweet Potato *Coleslaw w/pineapple Fresh Fruit in Season	Turkey Chow Mein 31 Vegetable in entrée (celery, corn, peas, turnips) Jasmine Brown Rice Mixed Green Salad w/Tomato, radish, LS Asian dressing * [=] Fruit Cup w/Melon, Strawberries	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	