


Monday	Tuesday	Wednesday	Thursday	Friday	
<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. Menu is subject to change without notice.</p>				<p>Tuscan Bean Stew <u>1</u> (LS Beans, mushrooms, carrots, celery) Roasted Cauliflower **Spinach Salad *Orange Whole Grain Roll</p>	<p>Korean BBQ (Beef) <u>2</u> w/BBQ Sauce Sauté Zucchini w/Sesame Seeds ***Broccoli Salad w/sliced Radish Pineapple Herbed Brown Rice</p>
<p>Savory Beef Stew <u>5</u> (not ground beef) (Carrots, Celery, Onion**) Mashed Potatoes Roasted Brussels Sprouts *Orange Whole Grain Roll or Bread</p>	<p>Turkey Vegetable Stir-Fry <u>6</u> (LS Turkey) (Broccoli, Bamboo Shoots, Water Chestnuts) Green Peas *Cabbage, Cucumber, Radish Salad w/Sesame Dressing Poached Ginger Pear Lo Mein Noodles Whole Grain Bread</p>	<p>Chicken Cobb Salad <u>7</u> (Herbed Chicken, Hard Cooked Egg) ***Mixed Salad Greens W/Shredded Carrots & Bell Pepper Tomato & Cucumber Salad Fresh Seasonal Fruit Whole Grain Roll</p>	<p>Bolognese w/Penne Pasta <u>8</u> (Ground Turkey, Tomato sauce) Herbed Zucchini & Yellow Squash Cauliflower Caesar Salad w/Croutons Fruit Cup (Apple & Melon) *Orange Juice WG Penne Pasta in entrée</p>	<p>Fish & Chips <u>9</u> **Roasted Sweet Potato Wedges Peas & Carrots *Coleslaw Fresh Peach or Plum Whole Grain Roll or Bread Tapioca Pudding</p>	
<p>Southwest Chicken Bowl <u>12</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</p>	<p>Shepherd's Pie <u>13</u> (Ground Beef) Mashed Potatoes **Carrots Corn Mixed Salad Greens *Kiwi Whole Grain Roll</p>	<p>Baked Fish Almondine <u>14</u> Green Beans w/Herbs ***Spinach Salad w/Kale, Bell Pepper, Cucumber Barley w/Herbs Yogurt Parfait with Fruit in Dessert (Berries)</p>	<p>Cashew Chicken <u>15</u> Green Peas LS Beet & Mandarin Orange Salad* Fresh Fruit in Season Brown Rice</p>	<p>Garden Vegetable Lasagna <u>16</u> (2 eggs w/ Tofu OR White Beans (mashed), Ricotta, Zucchini & Mushrooms, Parmesan, Whole Grain Lasagna Pasta) Broccoli** Cauliflower, Italian Beans Caesar Salad *Cantaloupe or Orange</p>	
<p>Open Face Hot Turkey Sandwich w/LS Gravy <u>19</u> Green Beans Mashed Potatoes **Spinach Salad w/Shredded Cabbage, Dried Cranberries *Orange Juice Whole Grain Bread</p>	<p>Quiche <u>20</u> (2 eggs, tofu, spinach, mushrooms, cheese garnish) Mixed Veg Blend Green Peas ***Broccoli Salad Cinnamon Applesauce Whole Grain Roll or Bread</p>	<p>BBQ Chicken <u>21</u> w/BBQ Sauce **Yam or Sweet Potato ***Tri Color Coleslaw w/carrots Peach or Pear Brown Rice</p>	<p>Turkey Caprese Salad Bowl <u>22</u> (Herbed Turkey, Mozzarella Cheese Garnish) Mesclun Salad Greens w/Cucumber, Tomato, LS Garbanzo Beans w/Pesto Dressing *Strawberries or Cantaloupe Whole Grain Pita Bread</p>	<p>Meatloaf w/LS Gravy <u>23</u> (Ground Beef) Garlic Mashed Potatoes Roasted Brussels Sprouts *Orange Whole Grain Roll</p>	
<p>Chicken Adobo <u>26</u> Green Peas Mesclun Salad w/Garbanzo Beans *Pineapple & Mango Fruit Cup Brown Rice</p>	<p>Turkey Milanese w/Lemon Sauce <u>27</u> Whole Grain Linguine w/Pesto sauce Cauliflower & Zucchini **Carrot Raisin Salad *Orange Vanilla Yoourt Parfait</p>	<p>Salmon w/Dill Sauce <u>28</u> Green Beans LS Black Beans Chopped Mixed Salad w/Spinach, Kale, Bell Pepper Cinnamon Applesauce</p>	<p>Asian Beef Stir Fry <u>29</u> Mixed Asian Vegetables** (Broccoli, Bamboo Shoots, Bell Peppers, Onions) LS Beet Salad *[=]Cantaloupe or Tangerine Brown Rice</p>	<p>Vegetarian Chili <u>30</u> (LS Pinto & Kidney Beans, Barley, Tomatoes, Cheese garnish) **Herb Roasted Carrots Mixed Salad Greens Banana *[=] Orange Juice</p>	