

Monday

Tuesday

Wednesday

Thursday

Friday

Department of Aging requirements:

Lunch meets 1/3 requirement for the Recommended Daily Allowance.

* Meets Vitamin C requirement

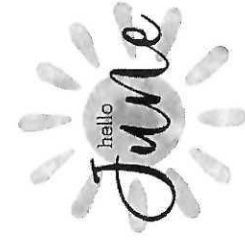
**Meets Vitamin A requirement

***Meets Vitamin A & C

[=] Potassium-rich

Suggested donation - \$3.00 per meal.

Menu is subject to change without notice.



Southwest Shredded Chicken 3

LS Pinto Beans
***Spinach Salad w/Kale, Bell Pepper, Cucumber
Fresh or Unsweetened Peaches or Melon
Warm Corn Tortilla

Shepherd's Pie 4

(Ground Turkey)
Mashed Potatoes
**Carrots
Corn
Mixed Salad Greens
*Orange or Kiwi
Whole Grain Roll

Baked Fish Almondine 5

Green Beans w/Herbs
*Coleslaw w/Bell Pepper Barley w/Herbs
Yogurt Parfait with Fruit in Dessert (Berries)

Chicken Adobo 6

Green Peas
Mesculun Salad w/Garbanzo Beans
*Pineapple & Mango Fruit Cup
Brown Rice

Baked Pollock w/Lemon Sauce 10

Mixed Veg Blend
***Broccoli Salad
Cinnamon Applesauce
Whole Grain Roll

Cashew Chicken 11

Lo Mein Noodles
Green Peas
*LS Beet & Mandarin Orange Salad
Fresh Fruit (in season)
Whole Grain Roll

Enchilada Caserole 12

(Ground Turkey, Cheese garnish only)
LS Pinto Beans
Mesculun Salad Mix w/Cilantro Dressing
*Mango/Pineapple Fruit Cup
Corn Tortilla – in entrée

Hungarian Goulash 13

(Beef Cubes, Elbow Macaroni)
Roasted Brussels Sprouts
**Herbed Carrots
*Fresh Orange
Elbow Macaroni – in Entrée
Whole Grain Roll
Oatmeal Cookie

BBQ Chicken w/BBQ Sauce 17

Corn
***Chopped Mixed Salad (Kale, Shredded Brussels Sprouts, Lettuce & Carrots)
*Strawberries
Whole Grain Roll

Salmon w/Dill Sauce 18

**Sweet Potato
*Tri-Color Coleslaw
Cinnamon Applesauce
Whole Grain Roll

Asian Beef Stir Fry 19

Mixed Asian Vegetables**
(Broccoli, Bamboo Shoots, Bell Peppers, Onions)
LS Beet Salad
* [=]Cantaloupe or Tangerine
Brown Rice

Vegetarian Chili 20

(LS Pinto & Kidney Beans, Barley, Tomatoes, Cheese garnish)
Green Beans
Mixed Salad Greens
Banana
* [=] Orange Juice
TFF Cornbread

Spaghetti w/Meat Sauce 24

(Ground Turkey, LS Tomato Sauce)
**Broccoli
Mesculun Salad Mix
Fresh Pear or Peach
* [=]Orange Juice
Whole Grain Spaghetti

Mediterranean Chicken 25

**Roasted Vegetables (Carrots, Onions, Peppers, Tomatoes)
LS Lentil Salad w/Cucumbers & Vinaigrette Dressing
*Cantaloupe or Tangerine
Brown Rice Pilaf
Pita Bread & Hummus

LS Roast Turkey Breast w/LS Gravy 26

Cranberry Sauce
**Butternut Squash or Sweet Potato
Green Peas w/Mushrooms
*Kiwi or Orange
Whole Grain Stuffing
Lemon Pudding

Tuna Nicoise Salad 27

Cold Plate
(Tuna, w/Celery & Onion)
Herbed Potato Salad
*Creamy Coleslaw
Fresh Apple
Whole Grain Roll

BBQ Chicken w/BBQ Sauce 21

Corn
***Chopped Mixed Salad (Kale, Shredded Brussels Sprouts, Lettuce & Carrots)
*Strawberries
Whole Grain Roll

Chicken Milanese w/Lemon Sauce 21

Cauliflower & Zucchini
Caesar Salad w/Romaine, Croutons
Fresh Fruit (in season)
Whole Grain Linguine
Vanilla Yogurt Parfait w/Granola

Beef Fajita 28

(Peppers & Onions)
LS Pinto Beans
Tossed Green Salad w/Cilantro Dressing
*Pineapple & Mango Fruit Cup
Spanish Brown Rice
Warm Flour Tortilla

Vegetarian Chili 20

(LS Pinto & Kidney Beans, Barley, Tomatoes, Cheese garnish)
Green Beans
Mixed Salad Greens
Banana
* [=] Orange Juice
TFF Cornbread

Asian Beef Stir Fry 19

Mixed Asian Vegetables**
(Broccoli, Bamboo Shoots, Bell Peppers, Onions)
LS Beet Salad
* [=]Cantaloupe or Tangerine
Brown Rice

Hungarian Goulash 13

(Beef Cubes, Elbow Macaroni)
Roasted Brussels Sprouts
**Herbed Carrots
*Fresh Orange
Elbow Macaroni – in Entrée
Whole Grain Roll
Oatmeal Cookie

BBQ Chicken w/BBQ Sauce 17

Corn
***Chopped Mixed Salad (Kale, Shredded Brussels Sprouts, Lettuce & Carrots)
*Strawberries
Whole Grain Roll

Salmon w/Dill Sauce 18

**Sweet Potato
*Tri-Color Coleslaw
Cinnamon Applesauce
Whole Grain Roll

Asian Beef Stir Fry 19

Mixed Asian Vegetables**
(Broccoli, Bamboo Shoots, Bell Peppers, Onions)
LS Beet Salad
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Green Beans
Mixed Salad Greens
Banana
* [=] Orange Juice
TFF Cornbread

Spaghetti w/Meat Sauce 24

(Ground Turkey, LS Tomato Sauce)
**Broccoli
Mesculun Salad Mix
Fresh Pear or Peach
* [=]Orange Juice
Whole Grain Spaghetti

LS Roast Turkey Breast w/LS Gravy 26

Cranberry Sauce
**Butternut Squash or Sweet Potato
Green Peas w/Mushrooms
*Kiwi or Orange
Whole Grain Stuffing
Lemon Pudding

Tuna Nicoise Salad 27

Cold Plate
(Tuna, w/Celery & Onion)
Herbed Potato Salad
*Creamy Coleslaw
Fresh Apple
Whole Grain Roll

BBQ Chicken w/BBQ Sauce 21

Corn
***Chopped Mixed Salad (Kale, Shredded Brussels Sprouts, Lettuce & Carrots)
*Strawberries
Whole Grain Roll

Chicken Milanese w/Lemon Sauce 21

Cauliflower & Zucchini
Caesar Salad w/Romaine, Croutons
Fresh Fruit (in season)
Whole Grain Linguine
Vanilla Yogurt Parfait w/Granola

Beef Fajita 28

(Peppers & Onions)
LS Pinto Beans
Tossed Green Salad w/Cilantro Dressing
*Pineapple & Mango Fruit Cup
Spanish Brown Rice
Warm Flour Tortilla