




Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Department of Aging requirements:</b> Lunch meets 1/3 requirement for the Recommended Daily Allowance. * Meets Vitamin C requirement **Meets Vitamin A requirement ***Meets Vitamin A &amp; C [=] Potassium-rich <b>Suggested donation - \$3.00 per meal.</b> <b>Menu is subject to change without notice.</b></p>		<p><b>Enchilada Casserole 1</b> (Ground Turkey, Cheese garnish only) LS Pinto Beans Mesclun Salad Mix w/Cilantro Dressing *Mango/Pineapple Fruit Cup Corn Tortilla – in entrée</p>	<p><b>Hungarian Goulash 2</b> (Beef Cubes, Elbow Macaroni) Roasted Brussels Sprouts **Herbed Carrots *Fresh Orange Elbow Macaroni – in Entrée Whole Grain Roll</p>	<p><b>Cinco de Mayo Day Menu 3</b> <b>Beef Tamale</b> [=]LS Pinto Beans Mixed Green Salad w/Shredded Cabbage Fresh fruit *[=] Orange Juice Mexican Brown Rice Warm Flour Tortilla, Flan</p> 
<p><b>BBQ Chicken w/BBQ Sauce 6</b> Corn ***Chopped Mixed Salad (Kale, Shredded Brussels Sprouts, Lettuce &amp; Carrots) *Mango &amp; Pineapple Whole Grain Roll</p>	<p><b>Salmon w/Dill Sauce 7</b> **Sweet Potato *Tri-Color Coleslaw Cinnamon Applesauce Whole Grain Roll</p>	<p><b>Asian Beef Stir Fry 8</b> Mixed Asian Vegetables** (Broccoli, Bamboo Shoots, Bell Peppers, Onions) LS Beet Salad *[=]Cantaloupe or Tangerine Brown Rice</p>	<p><b>Vegetarian Chili 9</b> (LS Pinto &amp; Kidney Beans, Barley, Tomatoes, Cheese garnish) Green Beans Mixed Salad Greens Banana *[=] Orange Juice TFE Cornbread</p>	<p><b>Mother's Day Menu 10</b> <b>Herb Lemon Chicken</b> w/Lemon Herb Sauce **Baked butternut Squash OR Fresh Sweet Potato Romaine Salad Fresh Fruit (in season) *[=]Orange Juice Bown Rice Platf, Wheat Roll Decorated Cake</p> 
<p><b>Spaghetti w/Meat Sauce 13</b> (Ground Turkey, LS Tomato Sauce) **Broccoli Mesclun Salad Mix Fresh Pear or Peach *[=]Orange Juice Whole Grain Spaghetti</p>	<p><b>Mediterranean Chicken 14</b> **Roasted Vegetables (Carrots, Onions, Peppers, Tomatoes) LS Lentil Salad w/Cucumbers &amp; Vinaigrette Dressing *Cantaloupe or Tangerine Brown Rice Platf Pita Bread &amp; Hummus</p>	<p><b>LS Roast Turkey Breast w/LS Gravy 15</b> Cranberry Sauce **Butternut Squash Green Peas w//Mushrooms *Kiwi or Orange Whole Grain Stuffing Lemon Pudding</p>	<p><b>Tuna Nicoise Salad 16</b> <b>Cold Plate</b> (Tuna, w/Celery &amp; Onion) Herbed Potato Salad *Creamy Coleslaw Fresh Apple Whole Grain Roll</p>	<p><b>Beef Fajita 17</b> (Peppers &amp; Onions) LS Pinto Beans Tossed Green Salad w/Cilantro Dressing *Pineapple &amp; Mango Fruit Cup Spanish Brown Rice Warm Flour Tortilla</p>
<p><b>Chicken Dijon 20</b> Rosemary Mashed Potatoes *Chopped Salad w/Kale, Lettuce, Cucumber Fresh Fruit in Season Whole Grain Roll</p>	<p><b>Stuffed Bell Pepper 21</b> (Ground Turkey, Barley) Mixed Vegetables Romaine Salad w/Tomatoes Apple *[=] Orange Juice Dinner Roll Red Galatin Cubes w/Yogurt</p>	<p><b>Vegetable Frittata 22</b> (Eggs, Tofu, Mushrooms, Onions, Potatoes, Cheese garnish) ***Spinach, Shredded Cabbage &amp; Brussels Sprouts Salad Pear OR Nectarine Whole Grain Roll</p>	<p><b>Korean BBQ (Beef) w/BBQ Sauce 23</b> Sauté Zucchini w/Sesame Seeds ***Broccoli Salad w/Sliced Radish Pineapple Herbed Brown Rice</p>	<p><b>Memorial Day Menu 24</b> <b>BBQ Beef on Bun</b> Roasted Corn Tossed Green Salad Watermelon *[=]Orange Juice WG Bun Macaroni Salad</p>
<p><b>27</b>  MONDAY, MAY 27, 2024</p>	<p><b>Meatloaf w/LS Gravy 28</b> (Ground Beef) Garlic Mashed Potatoes Green Beans *Cantaloupe OR Orange Whole Grain Roll</p>	<p><b>Caribbean Chicken 29</b> w/Black Bean Sauce **Broccoli ***Carrot, Bell Pepper, Celery Salad Fresh Fruit in Season Brown Rice Platf</p>	<p><b>Fish Taco 30</b> (Not Breaded) LS Pinto Beans ***Chopped Mixed Salad w/Romaine, Kale Fresh Peach OR Plum Warm Corn Tortilla</p>	<p><b>Beef Bolognese w/Penne Pasta 31</b> Herbed Zucchini &amp; Yellow Squash Caesar Salad w/CROUTONS Fruit Cup (Apple &amp; Melon) *Orange Juice WG Penne Pasta</p>