

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				Turkey Vegetable Stir-fry 6 (Broccoli, Bamboo Shoots, Water chestnuts) *Cabbage, Cucumber, Radish Salad w/Sesame Drsg. Poached Ginger Pear OR unsweetened canned Lo Mein Noodles Whole Grain Bread		Chicken Cobb Salad 7 (LS Herbed Chicken, Hard Cooked Egg) ***Mesclun Salad w/Shredded Carrots, Tomatoes & Bell Pepper Fresh Seasonal Fruit Whole Grain Roll		Vegetarian Paella 1 (Garbanzo, Tomato & Red Pepper) Broccoli **Spinach Salad *Mango Brown Rice in entree	
Breaded Baked Fish w/Tartar Sauce **Yam or Sweet Potato *LS Beet & Mandarin Orange Salad Fresh or Unsweetened Peaches OR Plum Whole Grain Bread		House Made Meatloaf 5 w/Gravy (Ground Beef) Garlic Mashed Potatoes Brussels Sprouts *Pineapple/Mango Fruit Cup Whole Grain Roll		Shepherd's Pie 13 (Ground Beef) Mashed Potatoes **Carrots Mixed Salad Greens *Kiwi Whole Grain Roll		Baked Fish Almandine 14 Green Beans w/Herbs ***Spinach Salad w/Kale, Cucumber, Mandarin Orange Barley w/Herbs Yogurt Parfait w/Berries		Bolognese w/Penne Pasta 8 (Ground Beef, Tomato sauce) Herbed Zucchini & Yellow Squash Caesar Salad w/croutons Fruit Cup (Apple & Melon) *Orange Juice Whole Grain Pasta Tapioca Pudding	
Southwest Chicken Bowl 11 (LS Pinto or Black Beans Cheese Garnish) *Shredded Cabbage, Mixed Salad Greens, Radish Corn Salad Fresh or Unsweetened Peaches OR Melon Whole Grain Roll		Quiche 12 (Eggs, Tofu, Spinach, Mushrooms, Cheese Garnish) **Broccoli Caesar Salad w/Caesar Drg. *Orange Whole Grain Bread		Baked Pollack w/Lemon Sauce 20 Yellow Squash ***Broccoli Salad Unsweetened Applesauce Barley Pilaf		BBQ Chicken w/LS Sauce 21 Tri-Color Coleslaw Canned Pear in Juice or Melon Mac & Cheese Whole Grain Roll		Turkey Caprese Salad 22 Bowl (Herbed Turkey, Mozzarella Cheese Garnish) Spinach Salad w/Shredded Cabbage w/Cucumber, Tomato, LS Garbanzo Beans *Strawberries OR Cantaloupe Whole Grain Pita Bread	
Savory Beef Stew 18 (Beef Cubes, Carrots, Celery, Onion**) Mashed Potatoes Herbed Brussel sprouts Fresh Fruit in Season *Orange Juice Whole Grain Roll Oatmeal Cookie		Enchilada Casserole 19 LS Salsa Verde (Ground Turkey w/Cheese Garnish, Green Sauce, Corn Tortilla in Entrée) LS Black Beans Mesclun Salad *Kiwi Spanish Brown Rice		Turkey Milanese Breast 27 w/LS Red Sauce Zucchini ***Chopped Mixed Salad w/Spinach, Kale, Bell Pepper Banana Whole Grain Linguine Lemon Pudding		Salmon w/Dill Sauce 28 Green Beans LS Beet Salad *Orange Whole Grain Roll		Labor Day Menu 29 Cheeseburger (ground beef) w/whole bun **Broccoli Salad Tossed Green Salad Macaroni Salad Watermelon or Strawberries * [=] Orange Juice	
Vegetarian Chili 25 (Pinto & Kidney Beans, Tomatoes, Cheese Garnish) **Broccoli Mixed Salad Greens *Pineapple & Mango Fruit Cup Whole Grain Bread		Hawaiian Chicken Breast 26 (w/LS Sauce, Water Chestnuts, Mushrooms, Pineapple Garnish) Mesclun Salad *Cantaloupe or Tangerine Jasmine Brown Rice or Brown Rice		We will be Closed for Labor Day Monday, September 1, 2025					