

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				Low-Fat Milk (8oz) is included daily. <i>Suggested donation - \$3.00 per meal.</i> Menu is subject to change without notice.					
Vegetarian Chili 6 (Pinto & Kidney Beans, Tomatoes, Cheese Garnish) **Broccoli Mixed Salad Greens *Pineapple & Mango Fruit Cup Whole Grain Bread		Hawaiian Chicken Breast 7 (w/LS Sauce, Water Chestnuts, Mushrooms, Pineapple Garnish) Mesclun Salad *Cantaloupe or Tangerine Jasmine Brown Rice or Brown Rice		Turkey Milanese Breast 8 w/LS Red Sauce Zucchini ***Chopped Mixed Salad w/Spinach, Kale, Bell Pepper Banana Whole Grain Linguine Lemon Pudding		Salmon w/Dill Sauce 9 Split Pea Soup Green Beans LS Beet Salad *Orange Whole Grain Roll		Asian Beef Stir Fry 10 Hot & Sour Soup Mixed Asian Vegetables** (Broccoli, Bell peppers, Onions) **Carrot Raisin Salad *Kiwi Brown Rice	
Mediterranean Chicken Breast 13 **Sauté Spinach LS Tomato & Cucumbers Salad *Kiwi OR Orange Barley w/Herbs		Spaghetti w/Meat Sauce 14 (Ground Turkey, LS Tomato) LS Mushroom Soup Green Beans ***Chopped Salad w/Kale Fresh or Unsweetened Pear OR Peach Whole Grain Spaghetti Chocolate Pudding		Beef Fajita (Strips) 15 (Peppers & Onions) LS Pinto Beans Tossed Green Salad *Cantaloupe or Tangerine Whole Grain Warm Tortilla		LS Roast Turkey Breast 16 w/LS Gravy **Fresh Baked Yam or Sweet Potato Herbed Brussel Sprouts *Pineapple & Mango Fruit Cup Whole Grain Bread		Tuna Salad Cold Plate 17 or Baked Fish w/Tartar sauce Corn Chowder Soup Herbed Potato Salad or Herb Roasted Potatoes *Creamy Coleslaw Baked Apple OR Unsweetened Applesauce Whole Grain Roll	
Korean BBQ (Beef) 20 w/LS Korean BBQ sauce Herb Zucchini ***Broccoli Salad w/sliced Radish Pineapple Herbed Brown Rice		Fish Vera Cruz 21 LS Garden Vegetable Soup LS Black Beans *Creamy Coleslaw Banana Whole Grain Bread OR Warm Whole Grain Tortilla		Chicken Dijon 22 Tomato Basil Soup Green Beans ***Chopped Salad w/Kale, Lettuce, Cucumber, Carrots Fresh or Unsweetened Peaches OR Peach Whole Grain Roll		Stuffed Bell Pepper 23 (Ground Beef, Barley in Entrée) Green Peas Romaine Salad w/Tomato *Orange or Tangerine Dinner Roll Oatmeal Cookie		Vegetarian Paella 24 (Garbanzo Beans, Tomato & Red Pepper, Brown Rice in entrée) Broccoli ***Spinach Salad *Mango	
Breaded Baked Fish 27 w/Tartar Sauce LS Butternut Squash OR Pumpkin Soup **Yam or Sweet Potato *LS Beet & Mandarin Orange Salad Fresh or Unsweetened Peaches OR Plum Whole Grain Bread		House Made Meatloaf 28 w/Gravy (Ground Beef) Garlic Mashed Potatoes Brussels Sprouts *Pineapple/Mango Fruit Cup Whole Grain Roll		Turkey Vegetable Stir-fry 29 LS Vegetable Soup Asian Veg. Blend (Broccoli, Bamboo Shoots, Water Chestnuts) *Cabbage, Cucumber, Radish Salad w/Sesame dressing Poached Ginger Pear OR unsweetened canned Lo Mein Noodles Whole Grain Bread		Caribbean Chicken 30 LS Red Beans **Mesclun Salad w/Shredded Carrots *Kiwi Brown Rice Pilaf		Bolognese w/Penne Pasta 31 (Ground Beef, Tomato sauce) Herbed Zucchini & Yellow Squash Caesar Salad w/cROUTONS Fruit Cup (Apple & Melon) *Orange Juice Whole Grain Pasta Tapioca Pudding	

