

Monday	Tuesday	Wednesday	Thursday	Friday
WE WILL BE CLOSED FOR <i>Labor Day</i> CLOSED	1 Spaghetti w/Meat Sauce 2 (Ground Turkey, /w LS Tomato Sauce) Green Beans Chopped Salad w/Kale Fresh or unsweetened Pear OR Peach Whole Grain Spaghetti Chocolate Pudding	3 Beef Fajita (Strips) (Pepper & Onions) LS Pinto Beans Tossed Green Salad *Cantaloupe OR Tangerine Warm Whole Grain Tortilla	4 LS Roast Turkey Breast w/LS Gravy **Fresh Baked Yam or Sweet Potato Herbed Brussel Sprouts *Pineapple & Mango Fruit Cup Whole Grain Bread	5 Tuna Salad Cold Plate LS Corn Chowder Herbed Potato Salad *Creamy Coleslaw Baked Apple or Unsweetened Applesauce Whole Grain Roll
8 Korean BBQ (Beef) w/LS Korean BBQ sauce Herb Zucchini ***Broccoli Salad w/sliced Radish Pineapple Herbed Brown Rice	9 Fish Vera Cruz LS Garden Vegetable Soup LS Black Beans *Creamy Coleslaw Banana Whole Grain Bread OR Warm Whole Grain Tortilla	10 Chinese Chicken Salad (Char Sui Marinade, Crunchy Rice Noodle Garnish) LS Tomato Basil Soup ***Mixed Salad w/Kale, Brussels Sprouts, Sesame drsg. *LS Beet & Orange Salad Fresh Fruit in Season Whole Grain Roll	11 Stuffed Bell Pepper (Ground Beef, Barley in Entrée) Green Peas Romaine Salad w/Tomato *Orange or Tangerine Dinner Roll Oatmeal Cookie	12 Vegetarian Paella (Garbanzo, Tomato & Red Pepper, Brown Rice in entrée) Broccoli **Spinach Salad *Mango
15 Breaded Baked Fish 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	16 House Made Meatloaf w/Gravy (Ground Beef) Garlic Mashed Potatoes Brussels Sprouts *Pineapple/Mango Fruit Cup Whole Grain Roll	17 Turkey Vegetable Stir-fry (Broccoli, Bamboo Shoots, Water Chestnuts) LS Vegetable Soup *Cabbage, Cucumber, Radish Salad w/Sesame dressing Poached Ginger Pear OR unsweetened canned Lo Mein Noodles Whole Grain Bread	18 Chicken Cobb Salad (LS Herbed Chicken, Hard Cooked Egg) ***Mescalun Salad w/Shredded Carrots, Tomatoes & Bell Pepper Fresh Seasonal Fruit Whole Grain Roll	19 Bolognese w/Penne Pasta (Ground Beef, Tomato sauce) Herbed Zucchini & Yellow Squash Caesar Salad w/croutons Fruit Cup (Apple & Melon) *Orange Juice Whole Grain Pasta Tapioca Pudding
22 Southwest Chicken Bowl (LS Pinto OR Black Beans Cheese Garnish) *Shredded Cabbage, Mixed Salad Greens, Radish Corn Salad Fresh OR Unsweetened Peaches OR Melon Whole Grain Roll	23 Quiche (Eggs, Tofu, Spinach, Mushrooms, Cheese Garnish) LS Italian Wedding Soup **Broccoli Caesar Salad w/Caesar Drg. *Orange Whole Grain Bread	24 Shepherd's Pie (Ground Beef) Mashed Potatoes **Carrots Mixed Salad Greens *Kiwi Whole Grain Roll	25 Baked Fish Almandine LS Mushroom Soup Green Beans w/Herbs ***Spinach Salad w/Kale, Cucumber, Mandarin Orange Barley w/Herbs Yogurt Parfait w/Berries	26 Arroz con Pollo (Brown Rice in entrée) LS Pinto Beans *Shredded Cabbage, Mixed Salad Greens & Radish Apple
29 Savory Beef Stew (Beef Cubes, Carrots, Celery, Onion**) Mashed Potatoes Herbed Brussel Sprouts *Orange Juice Fresh Fruit in Season Whole Grain Roll Oatmeal Cookie	30 Enchilada Casserole LS Salsa Verde (Ground Turkey w/Cheese Garnish, Green Sauce, Corn Tortilla in Entrée) LS Black Beans Mescalun Salad *Kiwi Spanish Brown Rice	September Hello Autumn		
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. Suggested donation - \$3.00 per meal. Menu is subject to change without notice.				