

Monday	Tuesday	Wednesday	Thursday	Friday
	Beef Fajita <u>1</u> (Beef Strips, Peppers & Onions) LS Pinto Beans Corn Tossed Green Salad w/Cilantro Dressing *Pineapple & Mango Fruit Cup Whole Grain Warm Tortilla	Mediterranean Chicken <u>2</u> **Roasted Vegetables (Carrots, Onions, Peppers, Tomatoes) LS Lentil Salad w/Cucumbers & Vinaigrette Dressing *Cantaloupe or Tangerine Brown Rice Pilaf Pita Bread	LS Roast Turkey Breast <u>3</u> w/LS Gravy Cranberry Sauce **Fresh Baked Yam or Sweet Potato **Spinach Salad *Kiwi or Orange Whole Grain Stuffing Lemon Pudding	Tuna Salad Cold Plate <u>4</u> (Tuna, w/Celery & Onion) Herbed Potato Salad *Creamy Coleslaw Baked Apple or Applesauce Whole Grain Roll
	Fish Creole <u>7</u> LS Red Beans *Creamy Coleslaw Pear or Plum Warm Whole Grain Tortilla	Chicken Dijon <u>8</u> Herb Zucchini & Green Beans ***Chopped Salad w/Kale, Lettuce, Cucumber, Carrots Fresh Fruit in Season Whole Grain Roll	Stuffed Bell Pepper <u>9</u> (Ground Turkey, Barley) Mixed Vegetables Romaine Salad w/Tomatoes Apple *[]Orange Juice Dinner Roll	Tuscan Bean Stew <u>11</u> (LS Beans, Mushrooms, Carrots, Celery) Roasted Cauliflower **Spinach Salad *Orange Whole Grain Roll
Savory Beef Stew <u>14</u> (not ground beef) (Carrots, Celery, Onion**) Mashed Potatoes Roasted Brussels Sprouts *Orange Whole Grain Roll or Bread	Turkey Vegetable <u>15</u> Stir-Fry (LS Turkey, Broccoli, Bamboo Shoots, Water chestnuts) *Cabbage, Cucumber, Radish Salad w/Sesame Dressing Poached Ginger Pear Lo Mein Noodles Whole Grain Bread	Caribbean Chicken <u>16</u> LS Black Beans Corn ***Carrot, Bell Pepper, Celery Salad Fresh Fruit in Season Brown Rice Pilaf	Bolognese w/ <u>17</u> Whole Grain Penne Pasta (Ground Turkey, Tomato sauce) Herbed Zucchini & Yellow Squash Caesar Salad w/Croutons Fruit Cup (Apple & Melon) *[]Orange Juice	Fish & Chips <u>18</u> **Roasted Sweet Potato Wedges *Coleslaw Fresh Peach OR Plum Whole Grain Roll or Bread Tapioca Pudding
Easter Menu <u>21</u> Chicken Alfredo Broccoli or Asparagus Mixed Green Salad w/Spinach & Strawberries Brown Rice Whole Grain Roll Lemon Pudding *[]Orange Juice	Shepherd's Pie <u>22</u> (Ground Beef) Mashed Potatoes **Carrots Mixed Salad Greens *Kiwi Whole Grain Roll	Baked Fish Almondine <u>23</u> Green Beans w/Herbs ***Spinach Salad w/Kale, Bell Pepper, Cucumber Barley w/Herbs Yogurt Parfait with Fruit (Berries)	Cashew Chicken <u>24</u> Green Peas LS Beet & Mandarin Orange Salad* Fresh Fruit in Season Brown Rice	Garden Vegetable Lasagna <u>25</u> (2 eggs w/ Tofu OR White Beans (mashed), Ricotta, Zucchini & Mushrooms, LS Tomato sauce, Parmesan, Whole Grain Lasagna Pasta) Broccoli** Caesar Salad *Cantaloupe or Orange
Open Face Hot Turkey <u>28</u> Sandwich w/LS Gravy Green Beans Mashed Potatoes **Spinach Salad w/Shredded Cabbage, Dried Cranberries *Orange Juice Whole Grain Bread	Baked Pollack <u>29</u> w/Lemon sauce Mixed Veg Blend ***Broccoli Salad Cinnamon Applesauce Whole Grain Roll or Bread	BBQ Chicken <u>30</u> w/BBQ Sauce **Yam or Sweet Potato ***Tri Color Coleslaw w/carrots Peach or Pear Brown Rice	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.	