

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 Home Delivered Meals - (HDM only)  <b>Suggested donation - \$3.00 per meal.</b>  <b>Menu is subject to change without notice.</b></p>				<p><b>Fish &amp; Chips 1</b>                      **Roasted Sweet Potato Wedges                      Peas &amp; Carrots (HDM only)                      *Coleslaw                      Fresh Peach or Plum                      Whole Grain Roll or Bread                      Tapioca Pudding</p>
<p><b>Southwest Shredded Chicken 4</b>                      LS Pinto or Black Beans                      Yellow Squash (HDM only)                      *Shredded Cabbage, Mixed Salad Greens, Radish                      Fresh or Unsweetened Peaches or Melon                      Whole Grain Tortilla</p>	<p><b>Shepherd's Pie 5</b>                      (Ground Beef)                      Mashed Potatoes                      **Carrots                      Corn (HDM only)                      Mixed Salad Greens                      *Kiwi                      Whole Grain Roll</p>	<p><b>Baked Fish Almondine 6</b>                      Green Beans w/Herbs                      ***Spinach Salad w/Kale, Bell Pepper, Cucumber                      Barley w/Herbs                      Yogurt Parfait with Fruit in Dessert (Berries)</p>	<p><b>Cashew Chicken 7</b>                      Green Peas                      LS Beet &amp; Mandarin Orange Salad*                      Fresh Fruit in Season                      Brown Rice</p>	<p><b>Garden Vegetable Lasagna 8</b>                      (2 eggs w/ Tofu OR White Beans (mashed), Ricotta, Zucchini &amp; Mushrooms, Parmesan, Whole Grain Lasagna Pasta)                      Broccoli**                      Cauliflower, Italian Beans (HDM only)                      Caesar Salad                      *Cantaloupe or Orange</p>
	<p><b>Quiche 11</b>                      (2 eggs, tofu, spinach, mushrooms, cheese garnish) OR  <b>Baked Pollack w/lemon sauce 12</b>                      Mixed Veg Blend                      Green Peas (HDM only)                      ***Broccoli Salad                      Cinnamon Applesauce                      Whole Grain Roll or Bread</p>	<p><b>BBQ Chicken w/BBQ Sauce 13</b>                      **Yam or Sweet Potato                      ***Tri Color Coleslaw w/carrots                      Peach or Pear                      Brown Rice</p>	<p><b>Tamale Pie 14</b>                      (Ground Turkey, Cheese garnish, Polenta/Cornmeal)                      LS Black Beans                      Mesclun Salad Mix                      *Pineapple/Mango Fruit Cup                      Oatmeal Cookie</p>	<p><b>Meatloaf w/LS Gravy 15</b>                      (Ground Beef)                      Garlic Mashed Potatoes                      Roasted Brussels Sprouts                      *Orange                      Whole Grain Roll</p>
<p><b>Chicken Adobo 18</b>                      Green Peas                      Mesclun Salad w/Garbanzo Beans                      *Pineapple &amp; Mango Fruit Cup                      Brown Rice</p>	<p><b>Turkey Milanese w/Lemon Sauce 19</b>                      Whole Grain Linguine w/Pesto sauce                      Cauliflower &amp; Zucchini                      **Carrot Raisin Salad                      *Orange                      Vanilla Yogurt Parfait w/granola</p>	<p><b>Salmon w/Dill Sauce 20</b>                      Green Beans                      LS Black Beans (HDM only)                      Chopped Mixed Salad w/Spinach, Kale, Bell Pepper                      Cinnamon Applesauce                      Whole Grain Roll</p>	<p><b>Asian Beef Stir Fry 21</b>                      Mixed Asian Vegetables** (Broccoli, Bamboo Shoots, Bell Peppers, Onions)                      LS Beet Salad                      *[=]Cantaloupe or Tangerine                      Brown Rice</p>	<p><b>Vegetarian Chili 22</b>                      (LS Pinto &amp; Kidney Beans, Barley, Tomatoes, Cheese garnish)                      **Herb Roasted Carrots                      Mixed Salad Greens                      Banana                      *[=] Orange Juice                      TFF Cornbread</p>
<p><b>Spaghetti w/Meat Sauce 25</b>                      (Ground Turkey, LS Tomato Sauce)                      **Broccoli                      Green Beans                      Caesar Salad                      Fresh Pear or Peach                      *[=]Orange Juice                      Whole Grain Spaghetti</p>	<p><b>Beef Fajita 26</b>                      (Beef Strips, Peppers &amp; Onions)                      LS Pinto Beans                      Corn                      Tossed Green Salad w/Cilantro Dressing                      *Pineapple &amp; Mango Fruit Cup                      Whole Grain Warm Tortilla</p>	<p><b>Thanksgiving Menu 27</b>  <b>Turkey Breast w/gravy</b>                      Cranberry sauce                      Green Beans w/almonds                      *Tossed Green Salad w/ Romaine, Spinach &amp; Mandaring Oranges                      *[=] Orange Juice                      Herb Stuffing                      Whole grain roll                      Pumpkin Pie or Tart</p>	<p><b>28</b> <b>29</b></p> 	