
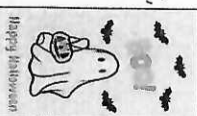


Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Chicken Adobo <u>7</u> Green Peas Mesclun Salad w/Garbanzo Beans *Pineapple & Mango Fruit Cup Brown Rice</p>	<p>Baked Pollock w/Lemon Sauce <u>1</u> Mixed Veg Blend Green Peas (HDM only) ***Broccoli Salad Cinnamon Applesauce Whole Grain Roll or Bread</p>	<p>BBQ Chicken w/BBQ Sauce <u>2</u> **Yam or Sweet Potato ***Tri Color Coleslaw w/carrots Peach or Pear Brown Rice</p>	<p>Tamale Pie <u>3</u> (Ground Turkey, Cheese garnish, Polenta/Cornmeal) LS Black Beans Mesclun Salad Mix *Pineapple/Mango Fruit Cup Oatmeal Cookie</p>	<p>Meatloaf w/LS Gravy <u>4</u> (Ground Beef) Garlic Mashed Potatoes Roasted Brussels Sprouts *Orange Whole Grain Roll</p>
<p>Turkey Milanese w/Lemon Sauce <u>8</u> Whole Grain Linguine w/Pesto sauce Cauliflower & Zucchini **Carrot Raisin Salad *Orange Vanilla Yogurt Parfait w/granola</p>	<p>Salmon w/Dill Sauce <u>9</u> Green Beans LS Black Beans (HDM only) Chopped Mixed Salad w/Spinach, Kale, Bell Pepper Cinnamon Applesauce Whole Grain Roll</p>	<p>Asian Beef Stir Fry <u>10</u> Mixed Asian Vegetables** (Broccoli, Bamboo Shoots, Bell Peppers, Onions) LS Beet Salad * [=] Cantaloupe or Tangerine Brown Rice</p>	<p>Vegetarian Chili <u>11</u> (LS Pinto & Kidney Beans, Barley, Tomatoes, Cheese garnish) **Herb Roasted Carrots Mixed Salad Greens Banana * [=] Orange Juice TFE Combread</p>	<p>LS Roast Turkey Breast <u>18</u> w/LS Gravy Cranberry Sauce **Fresh Baked Yam or Sweet Potato ***Spinach Salad *Kiwi or Orange Whole Grain Stuffing Lemon Pudding</p>
<p>Spaghetti w/Meat Sauce <u>14</u> (Ground Turkey, LS Tomato Sauce) **Broccoli Green Beans (HDM only) Caesar Salad Fresh Pear or Peach * [=] Orange Juice Whole Grain Spaghetti</p>	<p>Beef Fajita <u>15</u> (Beef Strips, Peppers & Onions) LS Pinto Beans Corn (HDM only) Tossed Green Salad w/Cilantro Dressing *Pineapple & Mango Fruit Cup Whole Grain Warm Tortilla</p>	<p>Mediterranean Chicken <u>16</u> **Roasted Vegetables (Carrots, Onions, Peppers, Tomatoes) LS Lentil Salad w/Cucumbers & Vinaigrette Dressing *Cantaloupe or Tangerine Brown Rice Pilaf Pita Bread</p>	<p>Tuna Noodle Casserole <u>17</u> Herb Roasted Potatoes Green Peas (HDM only) *Creamy Coleslaw Baked Apple or Applesauce Whole Noodles in entrée</p>	<p>Korean BBQ (Beef) <u>25</u> w/BBQ Sauce Sauté Zucchini w/Sesame Seeds ***Broccoli Salad w/sliced Radish Pineapple Herbed Brown Rice</p>
<p>Fish Creole <u>21</u> LS Red Beans *Creamy Coleslaw Pear or Plum Warm Whole Grain Tortilla</p>	<p>Chicken Dijon <u>22</u> Herb Zucchini & Green Beans **Carrots (HDM only) ***Chopped Salad w/Kale, Lettuce, Cucumber, Carrots Fresh Fruit in Season Kiwi (HDM only) Whole Grain Roll</p>	<p>Stuffed Bell Pepper <u>23</u> (Ground Turkey, Barley) Mixed Vegetables Green Peas (HDM only) Romaine Salad w/Tomatoes Apple * [=] Orange Juice Dinner Roll</p>	<p>Tuscan Bean Stew <u>24</u> (LS Beans, Mushrooms, Carrots, Celery) Roasted Cauliflower **Spinach Salad *Orange Whole Grain Roll</p>	<p>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 Suggested donation - \$3.00 per meal. Menu is subject to change without notice.</p>
<p>Savory Beef Stew <u>28</u> (not ground beef) (Carrots, Celery, Onion**) Mashed Potatoes Roasted Brussels Sprouts *Orange Whole Grain Roll or Bread</p>	<p>Turkey Vegetable <u>29</u> Stir-Fry (LS Turkey, Broccoli, Bamboo Shoots, Water chestnuts) Green Peas (HDM only) *Cabbage, Cucumber, Radish Salad w/Sesame Dressing Poached Ginger Pear Lo Mein Noodles Whole Grain Bread</p>	<p>Caribbean Chicken <u>30</u> LS Black Beans Corn ***Carrot, Bell Pepper, Celery Salad Fresh Fruit in Season Brown Rice Pilaf</p> 	<p>Bolognese w/Whole Grain Penne Pasta <u>31</u> (Ground Turkey, Tomato sauce) Herbed Zucchini & Yellow Squash Cauliflower (HDM only) Caesar Salad w/Croutons Fruit Cup (Apple & Melon) *Orange Juice</p>	