


Monday	Tuesday	Wednesday	Thursday	Friday
<p>Southwest Chicken Bowl 1 LS Pinto or Black Beans Cheese Garnish *Shredded Cabbage, Mixed Salad Greens, Radish Corn Salad Fresh or Unsweetened Peaches or Melon Whole Grain Roll</p>	<p>Shepherd's Pie 2 (Ground Beef) Mashed Potatoes **Carrots Mixed Salad Greens Kiwi Whole Grain Roll</p>	<p>Independence Day Menu 3 BBQ Chicken *Tri Color Coleslaw LS Bake Beans Fresh Melon - Watermelon, Honeydew or Cantaloupe Whole Grain Roll Peach Pie</p>	<p>Closed </p>	<p>Garden Vegetable Lasagna 5 (2 eggs w/ Tofu OR White Beans (mashed), Ricotta, Zucchini & Mushrooms, Parmesan, Whole Grain Lasagna Pasta) Broccoli** Caesar Salad *Cantaloupe or Orange</p>
<p>Open Face Hot Turkey Sandwich w/LS Gravy 8 Green Beans Mashed Potatoes **Spinach Salad w/Shredded Cabbage, Dried Cranberries *Orange Juice Whole Grain Bread</p>	<p>Baked Pollock w/Lemon Sauce 9 Mixed Veg Blend ***Broccoli Salad Cinnamon Applesauce Whole Grain Roll or Bread</p>	<p>BBQ Chicken w/BBQ Sauce 10 **Yam or Sweet Potato ***Tri Color Coleslaw w/carrots Peach or Pear Brown Rice</p>	<p>Turkey Caprese Salad Bowl 11 (Herbed Turkey, Mozzarella Cheese Garnish) Mesclun Salad Greens w/Cucumber, Tomato, LS Garbanzo Beans w/Pesto Dressing *Strawberries or Cantaloupe Whole Grain Pita Bread</p>	<p>Meatloaf w/LS Gravy 12 (Ground Beef) Garlic Mashed Potatoes Roasted Brussels Sprouts *Orange Whole Grain Roll</p>
<p>Chicken Adobo 15 Green Peas Mesclun Salad w/Garbanzo Beans *Pineapple & Mango Fruit Cup Brown Rice</p>	<p>Turkey Milanese w/Lemon Sauce 16 Whole Grain Linguine w/Pesto sauce Cauliflower & Zucchini **Carrot Raisin Salad *Orange Vanilla Yogurt Parfait w/granola</p>	<p>Salmon w/Dill Sauce 17 Green Beans Chopped Mixed Salad w/Spinach, Kale, Bell Pepper Cinnamon Applesauce Whole Grain Roll</p>	<p>Asian Beef Stir Fry 18 Mixed Asian Vegetables** (Broccoli, Bamboo Shoots, Bell Peppers, Onions) LS Beef Salad * [=]Cantaloupe or Tangerine Brown Rice</p>	<p>Vegetarian Chili 19 (LS Pinto & Kidney Beans, Barley, Tomatoes, Cheese garnish) **Herb Roasted Carrots Mixed Salad Greens Banana * [=] Orange Juice TFF Cornbread</p>
<p>Spaghetti w/Meat Sauce 22 (Ground Turkey, LS Tomato Sauce) **Broccoli Caesar Salad Fresh Pear or Peach * [=]Orange Juice Whole Grain Spaghetti</p>	<p>Beef Fajita 23 (Beef Strips, Peppers & Onions) LS Pinto Beans Tossed Green Salad w/Cilantro Dressing *Pineapple & Mango Fruit Cup Whole Grain Warm Tortilla</p>	<p>Mediterranean Chicken 24 **Roasted Vegetables (Carrots, Onions, Peppers, Tomatoes) LS Lentil Salad w/Cucumbers & Vinaigrette Dressing *Cantaloupe or Tangerine Brown Rice Pilaf Pita Bread</p>	<p>Tuna Salad Cold Plate 25 (Tuna, w/Celery & Onion) Herbed Potato Salad *Creamy Coleslaw Baked Apple or Applesauce Whole Grain Roll</p>	<p>LS Roast Turkey Breast w/LS Gravy 26 Cranberry Sauce **Fresh Baked Yam or Sweet Potato **Spinach Salad *Kiwi or Orange Whole Grain Stuffing Lemon Pudding</p>
<p>Fish Creole 29 LS Red Beans *Creamy Coleslaw Pear or Plum Warm Whole Grain Tortilla</p>	<p>Chinese Chicken Salad 30 (Char Sui Marinade, Crunchy Rice Noodle Garnish) ***Mixed Salad w/Kale, Brussels Sprouts, Sesame Dressing *LS Beet & Orange Salad Fresh Fruit in Season Whole Grain Roll</p>	<p>Stuffed Bell Pepper 31 (Ground Turkey, Barley) Mixed Vegetables Romaine Salad w/Tomatoes Apple * [=] Orange Juice Dinner Roll Red Gelatin Cubes w/Yogurt</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> 