

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Beef Fajita 3 (Beef Strips, Peppers & Onions) LS Pinto Beans Corn Tossed Green Salad w/Cilantro Dressing *Pineapple & Mango Fruit Cup Whole Grain Warm Tortilla</p>	<p>3</p> <p>Mediteranean Chicken 4 **Roasted Vegetables (Carrots, Onions, Peppers, Tomatoes) LS Lentil Salad w/Cucumbers & Vindigrette Dressing *Cantaloupe or Tangerine Brown Rice Pilaf Pita Bread</p>	<p>4</p> <p>Bake Fish 5 w/Dijon Sauce Herbed Roasted Potatoes Green peas *Creamy Coleslaw Baked Apple or Applesauce Whole Grain Roll</p>	<p>5</p> <p>LS Roast Turkey Breast 6 w/LS Gravy Cranberry Sauce **Fresh Baked Yam or Sweet Potato *Spinach Salad *Kiwi or Orange Whole Grain Stuffing Lemon Pudding</p>	
<p>2</p> <p>Fish Creole 9 LS Red Beans *Creamy Coleslaw Pear or Plum Warm Whole Grain Tortilla</p>	<p>10</p> <p>Chinese Chicken Salad 10 (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>11</p> <p>Stuffed Bell Pepper 11 (Ground Turkey, Barley) Mixed Vegetables Green Peas Romaine Salad w/Tomatoes Apple *[=]Orange Juice Dinner Roll Red Gelatin Cubes w/Yogurt</p>	<p>12</p> <p>Tuscan Bean Stew 12 (LS Beans, mushrooms, carrots, celery) Roasted Cauliflower **Spinach Salad *Orange Whole Grain Roll</p>	<p>13</p> <p>Korean BBQ (Beef) 13 w/BBQ Sauce Sauté Zucchini w/Sesame Seeds ***Broccoli Salad w/sliced Radish Pineapple Herbed Brown Rice</p>
<p>16</p> <p>Mexican Independence 16 Menu Beef Tamale or Chicken or Beef Enchilada LS Pinto Beans *Shredded Cabbage Salad Fresh Fruit in Season Spanish Brown Rice Tapioca Pudding or Custard</p>	<p>17</p> <p>Turkey Vegetable 17 Stir-Fry (LS Turkey) (Broccoli, Bamboo Shoots, Water Chestnuts) Green Peas *Cabbage, Cucumber, Radish Salad w/Sesame Dressing Poached Ginger Pear Lo Mein Noodles Whole Grain Bread</p>	<p>18</p> <p>Chicken Cobb Salad 18 (Herbed Chicken, ½ Hard Cooked Egg) ***Mixed Salad Greens W/Shredded Carrots & Bell Pepper Tomato & Cucumber Salad Fresh Seasonal Fruit Whole Grain Roll</p>	<p>19</p> <p>Bolognese w/Penne Pasta 19 (Ground Turkey, Tomato sauce) Herbed Zucchini & Yellow Squash Cauliflower Caesar Salad w/CROUTONS Fruit Cup (Apple & Melon) *Orange Juice WG Penne Pasta in entrée</p>	<p>20</p> <p>Fish & Chips 20 **Roasted Sweet Potato Wedges Peas & Carrots *Coleslaw Fresh Peach or Plum Whole Grain Roll or Bread Tapioca Pudding</p>
<p>23</p> <p>Southwest Chicken Bowl 23 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>24</p> <p>Shepherd's Pie 24 (Ground Beef) Mashed Potatoes **Carrots Corn Mixed Salad Greens *Kiwi Whole Grain Roll</p>	<p>25</p> <p>Baked Fish Almondine 25 Green Beans w/Herbs ***Spinach Salad w/Kale, Bell Pepper, Cucumber Barley w/Herbs Yogurt Parfait with Fruit in Dessert (Berries)</p>	<p>26</p> <p>Cashew Chicken 26 Green Peas LS Beet & Mandarin Orange Salad* Fresh Fruit in Season Brown Rice</p>	<p>27</p> <p>Garden Vegetable Lasagna 27 (2 eggs w/ Tofu OR White Beans (mashed), Ricotta, Zucchini & Mushrooms, Parmesan, Whole Grain Lasagna Pasta) Broccoli** Cauliflower, Italian Beans Caesar Salad *Cantaloupe or Orange</p>
<p>30</p> <p>Open Face Hot Turkey Sandwich w/LS Gravy 30 Green Beans Mashed Potatoes **Spinach Salad w/Shredded Cabbage, Dried Cranberries *Orange Juice Whole Grain Bread</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>			



MAKE IT
September
10
REMEMBER