



Monday	Tuesday	Wednesday	Thursday	Friday
				
<b>Chicken Dijon</b> 7 Whole Grain Roll [=]Rosemary Potatoes ***[=]Mixed Salad w/Kale, Spinach, Brussels Sprouts, Mango Fresh or Unsweetened Canned Peach	<b>Beef Tips w/LS Mushroom Sauce</b> 8 <i>Vegetable Soup</i> Noodles w/Herbs **Carrots and Zucchini Mesclun Salad Mix w/Cucumber ***Cantaloupe OR **[=] Orange OR Tangerine	<b>Beef Enchilada Casserole</b> 2 (w/Jack Cheese, LS Sauce) Corn Tortilla in Entrée Green Beans w/Mushrooms Mesclun Salad Mix *=[=]Fruit Cup w/Mandarin, Pineapple and Mango	<b>Tandoori Chicken</b> 3 <i>Tuscan Vegetable Soup</i> Pita Bread **Ginger Carrots Mixed Salad Greens w/Radish, Cucumber *=[=]Cantaloupe or Tangerine	<b>Spaghetti w/Meatballs (Ground Turkey)</b> 4 WG Pasta w/LS Sauce **Mixed Vegetable Blend (Zucchini, Broccoli, Cauliflower) Caesar Salad w/Romaine, Croutons, Parmesan Oatmeal Cookie *=[=]Orange Juice
<b>Beef Fajita</b> 14 [peppers, onions] <i>Albondigas Soup</i> Warm Flour Tortilla [=]LS Pinto Beans Mesclun Mix Salad, Carrots ***Cantaloupe OR [=]*Orange OR Tangerine	<b>Santa Fe Chicken</b> 15 Brown Rice Pilaf Green Beans w/Pimento Roasted Corn Oatmeal Cookie [=]*Orange Juice	<b>Hamburger</b> 16 (lettuce, tomato, onion) [=] <i>Tomato Basil Soup</i> Whole Grain Bun [=]Baked Potato Wedges *Red and Green Coleslaw Banana	<b>Caribbean Chicken w/LS Black Bean Sauce</b> 17 Whole Grain Roll Green Peas w/Onions ***Carrot, Apple, Bell Pepper, Celery Salad Grapes or Pear	<b>Cashew Chicken Breast</b> 11 [=] <i>Red Bean Ginger Soup</i> Jasmine Brown Rice Green Beans w/Mushrooms *=[=]Beet Salad w/Mandarin Oranges Apple or Applesauce
<b>Turkey Bolognese w/LS Tomato Sauce</b> 28 Whole Grain Penne Pasta [=] <i>Lentil Soup</i> Herbed Zucchini & Yellow Squash Caesar Salad w/Romaine, Croutons, Parmesan *Pineapple and Mango Fruit Cup	<b>Turkey &amp; Curry Vegetables</b> 22 [celery, corn, turnips] <i>Mushroom Soup</i> Whole Grain Roll Green Peas ***[=]Spinach Salad w/Kale, Bell Pepper, Cucumber Banana	<b>BBQ Chicken w/LS BBQ Sauce</b> 23 Cornbread **Herbed Carrots Mesclun Salad w/Beets, LS Garbanzo Beans *=[=]Pineapple and Mandarin Fruit Cup	<b>Lasagna w/Ground Beef w/LS Tomato Sauce</b> 24 (Mozzarella Cheese) Pasta in Entrée Roasted Brussels Sprouts Mixed Salad Greens w/Radish Apple or Applesauce *=[=]Orange Juice	<b>Turkey a La King</b> 18 [mushrooms, celery] Parsley Noodles **Broccoli Mixed Green Salad w/Romaine, Radish *Pineapple and Mango Fruit Cup
<b>Meatloaf w/LS Mushroom Sauce</b> 29 (Ground Beef) Whole Grain Bread [=]Sage Mashed Potatoes **Broccoli ***Cantaloupe or **[=] Orange or Tangerine	<b>Baked Salmon w/Dill Sauce</b> 30 [=] <i>Minestrone Soup</i> Brown Rice Pilaf Roasted Corn ***[=] Spinach Salad w/Kale, Bell Pepper, Cucumbers Apple	<b>Oven Fried Chicken</b> 31 Macaroni & Cheese Green Beans w/Herbs *Coleslaw Banana	<b>Baked or Breaded Fish w/Cilantro Pesto Sauce</b> 25 <i>Tortilla Soup</i> Vegetable Rice Pilaf Whipped Cauliflower **Carrot Raisin Salad ***Cantaloupe OR **[=] Orange OR Tangerine	Department of Aging requirements * Meets Vitamin C requirement **Meets Vitamin A requirement ***Meets Vitamin A & C [=] Potassium-rich [+] High Sodium over 1000 mg Lunch meets 1/3 requirement for the Recommended Daily Allowance. <b>Menu is subject to change without notice</b>