

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>AUGUST</b></p> <p>Suggested donation is \$3.00 per meal. Menu is subject to change without notice.</p>	<p><b>Turkey Caprese Salad Bowl</b> <u>1</u> (Mozzarella Cheese Garnish) Mesclun Salad Greens w/Cucumber, Tomato, LS Garbanzo Beans w/Pesto Salad Dressing *Strawberries or Orange Whole Grain Pita Bread</p>	<p><b>Vegetable Frittata</b> <u>2</u> (Eggs, Tofu, Mushrooms, Onions, Potatoes, Cheese garnish) Lima Beans &amp; Corn ***Spinach, Shredded Cabbage &amp; Brussels Sprouts Salad Pear OR Nectarine Whole Grain Roll</p>	<p><b>Korean BBQ (Beef)</b> <u>3</u> Sauté Zucchini w/Sesame Seeds ***Broccoli Salad w/Sliced Radish Pineapple Herbed Brown Rice</p>	<p><b>Fish &amp; Chips</b> <u>4</u> (Breaded) **Roasted Sweet Potato Wedges *Coleslaw Banana or Grapes Whole Grain Roll</p>
<p><b>Turkey Vegetable Stir Fry</b> <u>7</u> (Broccoli, Bamboo Shoots, Carrots, Water Chestnuts) *Cabbage, Cucumber, Radish Salad w/Sesame Dressing Poached Ginger Pear Brown Rice Tapioca Pudding</p>	<p><b>Meatloaf w/LS Gravy</b> <u>8</u> (Ground Beef) Garlic Mashed Potatoes Green Beans *Cantaloupe OR Orange Whole Grain Roll</p>	<p><b>Chicken Cobb Salad</b> <u>9</u> (Herbed Chicken, Hard Cooked Egg) ***Mixed Salad Greens W/Shredded Carrots &amp; Bell Pepper Tomato &amp; Cucumber Salad Fresh Seasonal Fruit Whole Grain Roll</p>	<p><b>Fish Taco</b> <u>10</u> (Not Breaded) LS Pinto Beans ***Chopped Mixed Salad w/Romaine, Kale Fresh Peach OR Plum Warm Corn Tortilla</p>	<p><b>Beef Bolognese w/Penne Pasta</b> <u>11</u> Herbed Zucchini &amp; Yellow Squash Caesar Salad w/Croutons Fruit Cup (Apple &amp; Melon) *Orange Juice WG Penne Pasta</p>
<p><b>Southwest Chicken Bowl</b> <u>14</u> (LS Pinto Beans or Black Beans, Cheese Garnish) ***Spinach Salad w/Kale, Bell Pepper, Cucumber Corn Salad Banana Whole Grain Roll</p>	<p><b>Shepherd's Pie</b> <u>15</u> [Ground Turkey] Mashed Potatoes **Carrots Mixed Salad Greens *Orange or Kiwi Whole Grain Roll</p>	<p><b>Baked Fish Almondine</b> <u>16</u> Green Beans w/Herbs *Coleslaw w/Bell Pepper Barley w/Herbs Yogurt Parfait Fruit in Dessert (Berries)</p>	<p><b>Chicken Adobo</b> <u>17</u> Green Peas Mesclun Salad w/Garbanzo Beans *Pineapple &amp; Mango Fruit Cup Brown Rice</p>	<p><b>Garden Vegetable Lasagna</b> <u>18</u> (2 eggs w/ Tofu or White Beans (mashed), Ricotta Cheese, Zucchini &amp; Mushrooms, Parmesan, WG Lasagna Pasta) Broccoli** Caesar Salad *Cantaloupe or Orange</p>
<p><b>Baked Pollock w/lemon sauce</b> <u>21</u> Mixed Veg Blend ***Broccoli Salad Cinnamon Applesauce Whole Grain Roll</p>	<p><b>Chinese Chicken Salad</b> <u>22</u> Crunchy Rice Noodles Garnish ***Mixed Salad w/Kale, Brussels Sprouts, Sesame Dressing *LS Beet &amp; Orange Salad Fresh Fruit in Season Whole Grain Roll</p>	<p><b>Enchilada Casserole</b> <u>23</u> [Ground Turkey, Cheese garnish only] LS Pinto Beans Mesclun Salad Mix w/Cilantro Dressing *Mango/Pineapple Fruit Cup Corn Tortilla – in entrée</p>	<p><b>Hungarian Goulash</b> <u>24</u> (Beef Cubes, Elbow Macaroni) Roasted Brussels Sprouts **Herbed Carrots *Fresh Orange Elbow Macaroni – in Entrée Whole Grain Roll Oatmeal Cookie</p>	<p><b>Open Face Hot Turkey Sandwich w/LS Gravy</b> <u>25</u> Green Beans **Spinach Salad w/Shredded Cabbage, Dried Cranberries *Orange Juice Whole Grain Bread</p>
<p><b>BBQ Chicken w/BBQ Sauce</b> <u>28</u> Corn ***Chopped Mixed Salad (Kale, Shredded Brussels Sprouts, Lettuce &amp; Carrots) *Mango &amp; Pineapple Whole Grain Linguine w/Pesto sauce</p>	<p><b>Salmon w/Dill Sauce</b> <u>29</u> **Sweet Potato *Tri-Color Coleslaw Cinnamon Applesauce Whole Grain Roll</p>	<p><b>Asian Beef Stir Fry</b> <u>30</u> Mixed Asian Vegetables** (Broccoli, Bamboo Shoots, Bell Peppers, Onions) LS Beet Salad *[=]Cantaloupe or Tangerine Brown Rice</p>	<p><b>Vegetarian Chili</b> <u>31</u> [LS Pinto &amp; Kidney Beans, Barley, Tomatoes, Cheese garnish] Green Beans Mixed Salad Greens Banana *[=] Orange Juice TFF Cornbread</p>	<p><a href="#">Department of Aging Requirements:</a> 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</p>