<table>
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<th>Monday</th>
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| **Turkey Caprese Salad Bowl**
(Mozzarella Cheese Garnish)
Mesclun Salad Greens
w/Cucumber, Tomato, LS Garbanzo Beans w/Pesto Salad Dressing
*Strawberries or Orange Whole Grain Pita Bread | **Meatloaf w/LS Gravy**
(Ground Beef)
Garlic Mashed Potatoes
Green Beans
*Cantaloupe OR Orange Whole Grain Roll | **Vegetable Frittata**
(Eggs, Tofu, Mushrooms, Onions, Potatoes, Cheese
garnish)
Lima Beans & Corn
***Spinach, Shredded Cabbage & Brussels Sprouts Salad
Peanut OR Nectarine Whole Grain Roll | **Korean BBQ (Beef)**
Sauté Zucchini w/Sesame Seeds
***Broccoli Salad w/Sliced Radish
Pineapple Herbed Brown Rice | **Fish & Chips**
(Breaded)
**Roasted Sweet Potato Wedges
*Coleslaw
Banana or Grapes Whole Grain Roll |
| **Turkey Vegetable Stir Fry**
(Broccoli, Bamboo Shoots, Carrots, Water Chestnuts)
*Cabbage, Cucumber, Radish Salad w/Sesame Dressing
Poached Ginger Pear Brown Rice
Tapioca Pudding | **Southwest Chicken Bowl**
(LS Pinto Beans or Black Beans, Cheese Garnish)
***Spinach Salad w/Kale, Bell Pepper, Cucumber Corn Salad
Banana Whole Grain Roll | **Shepherd’s Pie**
[Ground Turkey]
Mashed Potatoes
**Carrots
Mixed Salad Greens
*Orange or Kiwi Whole Grain Roll | **Baked Fish Almondine**
Green Beans w/Herbs
*Coleslaw w/Bell Pepper
Barley w/Herbs
Yogurt Parfait Fruit in Dessert (Berries) | **Chicken Adobo**
Green Peas
Mesclun Salad w/Garbanzo Beans
*Pineapple & Mango Fruit Cup
Brown Rice | **Beef Bolognese w/Penne Pasta**
Herbed Zucchini & Yellow Squash
Caesar Salad w/Croutons Fruit Cup (Apple & Melon)
*Orange Juice WG Penne Pasta |
| **Baked Pollock w/lemon sauce**
Mixed Veg Blend
***Broccoli Salad
Cinnamon Applesauce Whole Grain Roll | **Chinese Chicken Salad**
Crunchy Rice Noodles Garnish
***Mixed Salad w/Kale, Brussels Sprouts, Sesame Dressing
*LS Beet & Orange Salad Fresh Fruit in Season Whole Grain Roll | **Enchilada Casserole**
[Ground Turkey, Cheese garnish only]
LS Pinto Beans
Mesclun Salad Mix w/Cilantro Dressing
*Mango/Pineapple Fruit Cup Corn Tortilla – in entrée | **Hungarian Goulash**
(Bean Cubes, Elbow Macaroni)
Roasted Brussels Sprouts
**Fresh Orange
Elbow Macaroni – in Entrée Whole Grain Roll Oatmeal Cookie | **Open Face Hot Turkey Sandwich w/LS Gravy**
Green Beans
**Spinach Salad w/Shredded Cabbage, Dried Cranberries
*Orange Juice Whole Grain Bread |
| **BBQ Chicken w/BBQ Sauce**
Corn
***Chopped Mixed Salad (Kale, Shredded Brussels Sprouts, Lettuce & Carrots)
*Mango & Pineapple Whole Grain Linguine w/Pesto sauce | **Salmon w/Dill Sauce**
**Sweet Potato
Tri-Color Coleslaw
Cinnamon Applesauce Whole Grain Roll | **Asian Beef Stir Fry**
Mixed Asian Vegetables**
(Broccoli, Bamboo Shoots, Bell Peppers, Onions)
LS Beet Salad
*[=]Cantaloupe or Tangerine Brown Rice | **Vegetarian Chili**
[LS Pinto & Kidney Beans, Barley, Tomatoes, Cheese garnish]
Green Beans
Mixed Salad Greens Banana
*[=] Orange Juice TFF Cornbread | **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 |