

May 2019

LUNCH Menu – LOADS: LG

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Fish w/Soy sauce, ginger, scallions, brown rice, oriental stir fry vegetables, fresh Asian slaw w/ carrots, apple	2 Chicken w/paprika cream sauce, whole wheat pasta, zucchini, spinach salad, fresh bananas	3 Beef & Turkey Taco Spanish Rice Corn Tortilla, cooked pinto beans, garden salad, oranges & "Poke" cake
6 Beef & Turkey Shepherd's pie, whole wheat roll, potatoes, peas, carrots, red bell pepper, fresh fruit	7 Roast Pork w/apple berry sauce, potato & leek soup, whole wheat breadstick, garlic green beans, peaches	8 Chicken chop suey, brown rice, bell pepper, onions, mushrooms, water chestnuts, fresh orange	9 Beef chile Colorado, corn tortilla, pinto beans, fresh fiesta slaw, fresh banana	10 Italian fish, wild rice, Italian blend vegetables, garden salad w/shredded carrots, oranges
13 Chicken Florentine, whole wheat roll, margarine, garlic spinach, fresh Caesar salad, fresh orange & Apple Cirsp	14 Chicken pastina, whole wheat pasta, green peas, carrots, garden salad, fresh oranges	15 BBQ pulled pork sandwich, whole wheat hamburger bun, golden corn, fresh coleslaw w/carrots, bananas	16 Oriental Shoyu Chicken, Asian vegetable soup, brown rice, oriental blend stir fry vegetables, fresh fruit	17 Broccoli & Cheese frittata, whole wheat bread, garlic spinach, onions, roasted red potatoes, fruited gelatin w/tropical fruit
20 Lemon & Herb Chicken, Black bean and Kale, whole wheat breadstick, fresh herbed Zucchini, broccoli, cauliflower, fresh fruit	21 Balsamic glazed pork, whole wheat roll, diced carrots, broccoli, fresh fruit	22 Meat Lasagna, lasagna noodles, whole wheat breadstick, California blend vegetables, fresh caprese salad, oranges	23 Sweet & sour pork, brown rice, oriental blend vegetables, Pineapple tidbits	24 BBQ Pork, whole wheat roll, margarine, fresh coleslaw, baked sweet potato fries, fresh orange & Red Jell-O w/whip topping
27 CLOSED FOR MEMORIAL DAY	28 Teriyaki chicken, carrot ginger soup, brown rice, Japanese stir fry vegetable blend	29 Diced pork & noodles, whole wheat pasta, green peas, carrots, fresh garden salad, oranges	30 Beef & Turkey cabbage bake, whole wheat breadstick, roasted cauliflower, fresh carrot raisin salad, fresh fruit	31 Vegetarian pasta primavera, whole wheat pasta, fresh broccoli, carrots & tomatoes, fresh garden salad w/red bell pepper, fresh fruit

ALL INDIVIDUALS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, NATIONAL ORIGIN, GENDER OR DISABILITY.