

MENU 2016



5/2	Mon	Citrus Chicken	Vegetable Brown Rice Pilaf, Mixed Salad Greens, **Oriental Mixed Vegetables (broccoli, carrots, mushrooms), *Orange or Tangerine or Cantaloupe
5/3	Tues	Soft Turkey Taco	Pinto or Black Beans, Shredded Lettuce w/Tomato, Warm Flour Tortilla, Banana or Apple, *Orange Juice
5/4	Wed	Baked Fish <i>Navy Bean & Vegetable Soup</i>	w/Vegetables & Lemon Sauce, Brown Rice, *Creamy Coleslaw, Peas & Corn, Fresh Fruit Cup
5/5	Thur	Cinco De Mayo Chicken Fajitas	Spanish Rice, Black Beans, Mexican Salad w/orange, Flan
5/6	Fri	Spaghetti & Meatballs	Whole Grain Pasta, **Carrots & Zucchini, Romaine Salad, Oatmeal Cookie, *Orange Juice
5/9	Mon	Mother's Day Chicken Milanaise	Linguine w/Marinara Sauce, Garlic Bread, Broccoli, Italian Salad, Chocolate Pudding, Orange Juice*
5/10	Tues	Baked Breaded Fish w/Tartar Sauce <i>Black Bean Soup</i>	Vegetable Blugur Wheat Pilaf, Red & Green Cabbage & Carrot Coleslaw*, **Mashed Yam, Lemon Pudding
5/11	Wed	Brisket w/ Caramelized Onions	Whole Grain Bread, Mashed Potatoes, **Broccoli, Pear or Peach, Orange Juice*
5/12	Thur	Chicken Adobo <i>Vegetable Soup</i>	Brown Rice, Beet Salad w/Mandarin Oranges*, **Mixed Vegetables, Apple or Cinnamon Applesauce
5/13	Fri	Enchilada Casserole	w/Ground Turkey, Cheddar/Jack Cheese, Pinto Beans, **Spinach Salad, Fresh Seasonal Fruit, *Orange Juice

* Meets Vitamin C requirement, **Meets Vitamin A requirement for Department of Aging. Lunch meets 1/3 requirement for the Recommended Daily Allowance.

5/16	Mon	Jamaican Jerk Chicken	Corn Bread, Green Peas, Mesclun Salad w/Romaine, *Fruit Salad Mandarin Orange, Pineapple, Cantaloupe
5/17	Tues	Stuffed Cabbage	Mixed Vegetables**, Tossed Green Salad, Whole Grain Bread, Banana, *Orange Juice
5/18	Wed	Dijon Gourmet Turkey <i>Vegetable Soup</i>	Bulgar Wheat, **Baked Yam, Green Beans, *Orange or Tangerine or Cantaloupe***
5/19	Thur	Baked Breaded Fish w/tartar sauce <i>Tomato Soup</i>	*Coleslaw, Saute Spinach**, Whole Grain Bread, **Unsweetened Apricots
5/20	Fri	Hawaiian Chicken	Brown Rice, Broccoli, Mixed Green Salad, *Fruited Gelatin w/Mandarin Orange
5/23	Mon	Salisbury Steak	Rosemary Mashed Potatoes, Mixed Vegetables**, Whole Grain Bread, Fresh Fruit in Season, *Orange Juice
5/24	Tues	Turkey Bolognese w/Penne Pasta	***Spinach Salad w/ Shredded Cabbage & Mandarin Orange, Zucchini w/Mushrooms, Oatmeal Cookie
5/25	Wed	Rotisserie Chicken <i>Bean Soup</i>	Steamed Herb Brown Rice, Harvard Beets, Broccoli, *Fruit Cup Pineapple, Orange and Melon
5/26	Thur	Vegetarian Chili <i>Vegetable Soup</i>	Corn Bread w/corn, Assorted Salad Greens w/ Carrot, Apple & Celery, Green Beans, *Orange or Tangerines
5/27	Fri	Memorial Day Menu BBQ Brisket of Beef	Sage Mashed Potatoes, Buttermilk Biscuit, Corn on the Cob, ***Spinach Salad w/Mandarin Orange, Watermelon
5/30		Closed	
5/31		Baked Breaded Fish w/tartar sauce <i>Lentil Soup</i>	Whole Grain Bread, **Carrot Raisin Salad, **Broccoli, Fruit Salad* Mandarin Orange, Pineapple, Cantaloupe



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