

**WE ARE OPEN FOR LUNCH
DAILY - EXCEPT FRIDAY**

MAY 2023

**TO MAKE YOUR LUNCH
RESERVATIONS AT LEAST ONE
BUSINESS DAY IN ADVANCE BY
NOON!**

LUNCH IS SERVED AT 11:30AM

VEGETARIAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5/1 Tofu Curry over Brown Rice <u>Mixed Vegetables</u> C Broccoli FRUIT/DESSERT	5/2 Cheese Enchilada Bake C California Vegetables Spinach FRUIT/DESSERT	5/3 + Bean & Cheese Burrito w/Enchilada Sauce <u>Mixed Vegetables</u> C Fiesta Vegetables FRUIT/DESSERT	5/4 Egg Omelet w/Shredded Cheddar Cheese and Salsa Red Potatoes C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	5/5 Vegetarian Lasagna <u>Scandinavian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT
5/8 Lentil Stew over Brown Rice C Winter Vegetables Spinach FRUIT/DESSERT	5/9 Cheesy Lasagna Roll Up w/Marinara Sauce Green Beans C w/Red Peppers <u>Scandinavian Vegetables</u> Whole Wheat Roll w/Butter FRUIT/DESSERT	5/10 Vegetarian Chili w/Beans Capri Vegetables C Fiesta Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	5/11 Vegetarian Southwest Spicy Pasta C California Vegetables Green Peas FRUIT/DESSERT	5/12 Tofu Bolognese w/Whole Grain Spaghetti Carrots C Broccoli FRUIT/DESSERT
5/15 Vegetarian Lasagna <u>Scandinavian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	5/16 Tofu Curry over Brown Rice <u>Mixed Vegetables</u> C Broccoli FRUIT/DESSERT	5/17 Cheese Enchilada Bake C California Vegetables Spinach FRUIT/DESSERT	5/18 Vegetarian Chili w/Beans Capri Vegetables C Fiesta Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	5/19 Egg Omelet w/Shredded Cheddar Cheese and Salsa Red Potatoes C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT
5/22 Tofu Bolognese w/Whole Grain Spaghetti Carrots C Broccoli FRUIT/DESSERT	5/23 Lentil Stew over Brown Rice C Winter Vegetables Spinach FRUIT/DESSERT	5/24 Cheesy Lasagna Roll Up w/Marinara Sauce Green Beans C w/Red Peppers <u>Scandinavian Vegetables</u> Whole Wheat Roll w/Butter FRUIT/DESSERT	5/25 + Bean & Cheese Burrito w/Enchilada Sauce <u>Mixed Vegetables</u> C Fiesta Vegetables FRUIT/DESSERT	5/26 Vegetarian Southwest Spicy Pasta C California Vegetables Green Peas FRUIT/DESSERT
5/29 MEMORIAL DAY HOLIDAY	5/30 Vegetarian Lasagna <u>Scandinavian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	5/31 Tofu Curry over Brown Rice <u>Mixed Vegetables</u> C Broccoli FRUIT/DESSERT		

NOTES

All meals served with lowfat milk.

— Vitamin A
 C Vitamin C

+ Higher in sodium

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5/1 Tuna Salad Sandwich w/Lettuce, Tomato, & Onion Tomato Basil Soup <u>Carrot Raisin Salad</u> Whole Wheat Bread Tropical Fruit	5/2 Turkey Burger w/Lettuce, Tomato, Onion, Mayo, Mustard, & Ketchup Mushroom Barley Soup <u>Sliced Carrots</u> Whole Wheat Burger Bun C Fresh Orange	5/3 Harvest Pork Stew <u>Italian Vegetables</u> Tossed Salad w/Dressing Whole Wheat Roll w/Butter C Citrus Fruit	5/4 Chicken Salad Sandwich w/Lettuce, Tomato, & Onion Cream Of Carrot Soup 4-Bean Salad Whole Wheat Bread C Mandarin Oranges	5/5 CINCO DE MAYO + Pork Carnitas w/Cilantro Lime Sauce Spanish Brown Rice C Cilantro Slaw w/ <u>Carrots</u> Corn & Black Beans Corn Tortilla C Orange Juice Chocolate Pudding
5/8 Macaroni & Cheese Green Beans w/Red Peppers <u>Carrots</u> Seasonal Fresh Fruit Cookie	5/9 Asian Chicken Salad (<i>Sliced Chicken Breast,</i> C <i>Mandarin Oranges,</i> <i>Spring Mix, Sesame Seed</i> <i>Dressing, & Crunchy</i> <i>Noodles</i>) Egg Drop Soup Whole Wheat Roll w/Butter Sherbet	5/10 Cheeseburger w/Lettuce, Tomato, & Onion Ketchup, Mustard, Mayo C California Vegetables <u>Carrot Raisin Salad</u> WW Hamburger Bun Applesauce	5/11 White Bean Turkey Chili w/Cheddar Cheese C Winter Vegetables Brown Rice Tossed Salad w/Dressing Seasonal Fresh Fruit	5/12 MOTHER'S DAY Stuffed Bell Pepper <u>Bean Medley</u> C Whipped Potatoes Whole Wheat Roll w/Butter Pineapple Cake
5/15 Turkey Rice Bake Brussels Sprouts <u>Mixed Vegetables</u> Juice Pudding	5/16 Pork al Pastor w/Salsa over Spanish Brown Rice Whole Kernel Corn C Creamy Coleslaw C Tropical Fruit	5/17 Beef Stroganoff over Whole Grain Penne Cabbage Soup C Winter Vegetables Seasonal Fresh Fruit	5/18 Alaskan Salmon Patty w/Dill Sauce over Brown Rice <u>Scandinavian Vegetables</u> C Cauliflower Seasonal Fresh Fruit	5/19 Roasted Herb Chicken over Whole Grain Penne <u>Italian Vegetables</u> Tossed Salad w/Dressing C Fresh Orange Brownie
5/22 Breaded Fish w/Lemon & Tartar Sauce Cream of Cauliflower Soup Fiesta Vegetables Confetti Brown Rice Ice Cream	5/23 Oven Fried Chicken Drumsticks <u>Whipped Yams</u> C Broccoli Whole Wheat Roll w/Butter Seasonal Fresh Fruit	5/24 Turkey Enchilada Casserole w/Salsa C Cauliflower C Cilantro Slaw w/ <u>Carrots</u> Peaches	5/25 Meatloaf w/Gravy C Mashed Potatoes Green Beans Whole Wheat Roll w/Butter Applesauce	5/26 MEMORIAL DAY + All Beef Hot Dog w/Cheese & Onions, Ketchup, Mustard, Relish WW Hot Dog Bun Baked Beans <u>Carrot Slaw</u> C Mandarin Oranges w/Coconut Frosted Cake w/Sprinkles
5/29 MEMORIAL DAY HOLIDAY	5/30 Ginger Pepper Beef over Brown Rice Green Peas <u>Glazed Carrots</u> C Mandarin Oranges	5/31 Teriyaki Chicken over Asian Brown Rice Bok Choy Soup C California Vegetables Seasonal Fresh Fruit Cookie		



NOTES

All meals served with lowfat milk.

Vitamin A
C Vitamin C

+ Higher in sodium