

MAY 2024



MAKE YOUR LUNCH RESERVATIONS
AT LEAST ONE BUSINESS DAY
IN ADVANCE!
925-973-3250

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		5/1 Salisbury Steak w/Onion Gravy C Cheesy Mashed Potatoes C Broccoli & Cauliflower Tossed Salad w/Dressing Seasonal Fresh Fruit	5/2 Turkey Bolognese over Spaghetti w/Parmesan Cheese C Brussels Sprouts Marinated Beets & Onions Juice Pudding	5/3 CINCO DE MAYO Fish Taco w/Salsa & Sour Cream Pozole Soup <u>Peas & Carrots</u> C Cilantro Coleslaw Tortilla C Tropical Fruit
	5/6 Cheese Omelet w/Shredded Cheddar and Salsa Turkey Sausage Red Potatoes Bean Medley Blueberry Muffin C Fresh Orange	5/7 Breaded Fish Sandwich w/Lettuce, Cheese and Tartar Sauce Potato Leek Soup C Fiesta Vegetables <u>Carrot Raisin Salad</u> Whole Wheat Bun Mixed Fruit	5/8 Turkey Enchilada Casserole w/Salsa Mexicali Corn Pinto Beans C Citrus Fruit Cookie	5/9 Kalua Pork over Brown Rice Egg Drop Soup C Pineapple Coleslaw <u>Mixed Vegetables</u> Seasonal Fresh Fruit
5/13 Fish Vera Cruz Minestrone Soup C Fiesta Vegetables Rice Pilaf Seasonal Fresh Fruit	5/14 Turkey Shepherd's Pie C w/Mashed Potatoes Tossed Salad w/Dressing Whole Wheat Roll w/Butter Sliced Peaches	5/15 Mozzarella Chicken Whole Grain Spaghetti w/Marinara Sauce <u>Scandinavian Vegetables</u> C Juice Brownie 	5/16 Swedish Meatballs Whole Grain Herb Pasta <u>Spinach</u> Whole Wheat Roll w/Butter C Mandarin Oranges	5/17 BBQ Pork Sandwich on Soft Roll C Creamy Coleslaw <u>w/Carrots</u> Baked Beans Seasonal Fresh Fruit Sherbet
5/20 Turkey Tetrazzini Lentil Soup Stewed Tomatoes C Citrus Fruit Ice Cream	5/21 Pork Piccata <u>Carrots</u> Green Beans Brown Rice C Mandarin Oranges	5/22 + Seafood Louie Salad w/Mock Crab and 1000 Island Dressing Split Pea Soup Whole Wheat Roll w/Butter C Tropical Fruit	5/23 Chicken Marsala C Mashed Potatoes <u>Italian Vegetables</u> Whole Wheat Roll w/Butter Gelatin w/Pears	5/24 MEMORIAL DAY Cheeseburger w/Lettuce, Tomato, Onion, Mayo, Mustard, Ketchup on a Whole Grain Bun Potato Wedges <u>Spinach Salad</u> w/Dressing C Seasonal Fresh Berries
5/27 	5/28 BBQ Chicken Thigh Potato Salad Baked Beans <u>Mixed Vegetables</u> C Fresh Orange Cookie	5/29 Pork Fried Rice Asian Vegetable Soup C Cauliflower Juice Ice Cream	5/30 Turkey Dinner w/Gravy C Mashed Potatoes <u>Scandinavian Vegetables</u> Whole Wheat Roll w/Butter Seasonal Fresh Fruit	5/31 Tuna Salad Sandwich w/Lettuce, Tomato, and Onion on WW Bread Tomato Basil Soup 3 Bean Salad w/Carrots C Mandarin Oranges

All meals served with
lowfat milk.

2 DAILY ALTERNATIVE ENTREE CHOICES:
VEGETARIAN OR FEATURED ENTRÉE SALAD
(BEEF TACO SALAD).

Vitamin A
C Vitamin C

+ Higher in sodium

VEGETARIAN



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		5/1 Cheesy Enchilada Bake C California Vegetables Spinach FRUIT/DESSERT	5/2 Vegetarian Lentil Stew over Brown Rice C Fiesta Vegetables Zucchini FRUIT/DESSERT	5/3 Vegetable Frittata w/Salsa Red Potatoes C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT
	5/6 Vegetarian Meatballs w/Marinara Sauce and Whole Grain Spaghetti Carrots C Cauliflower FRUIT/DESSERT	5/7 Vegetarian Chili over Brown Rice C Winter Vegetables Spinach FRUIT/DESSERT	5/8 Vegetable Lasagna Italian Vegetables Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	5/9 Bean & Cheese Burrito w/Enchilada Sauce C Fiesta Vegetables Mexicali Corn FRUIT/DESSERT
5/13 Vegetable Frittata w/Salsa Red Potatoes C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	5/14 + Cheesy Penne Bake Scandinavian Vegetables Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	5/15 Kofta Meatballs w/Sauce over Brown Rice Carrots C Broccoli FRUIT/DESSERT 	5/16 Cheesy Enchilada Bake C California Vegetables Spinach FRUIT/DESSERT	5/17 Vegetarian Lentil Stew over Brown Rice C Fiesta Vegetables Zucchini FRUIT/DESSERT
5/20 Cheese Ravioli w/Pesto Peas & Carrots C California Vegetables Roll w/Butter FRUIT/DESSERT	5/21 Vegetarian Meatballs w/Marinara Sauce and Whole Grain Spaghetti Carrots C Cauliflower FRUIT/DESSERT	5/22 Vegetarian Chili over Brown Rice C Winter Vegetables Spinach FRUIT/DESSERT	5/23 Vegetable Lasagna Italian Vegetables Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	5/24 Bean & Cheese Burrito w/Enchilada Sauce C Fiesta Vegetables Mexicali Corn FRUIT/DESSERT
5/27 	5/28 Vegetable Frittata w/Salsa Red Potatoes C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	5/29 + Cheesy Penne Bake Scandinavian Vegetables Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	5/30 Kofta Meatballs w/Sauce over Brown Rice Carrots C Broccoli FRUIT/DESSERT	5/31 Cheesy Enchilada Bake C California Vegetables Spinach FRUIT/DESSERT

All meals served with
lowfat milk.

**2 DAILY ALTERNATIVE ENTREE CHOICES:
VEGETARIAN OR FEATURED ENTRÉE SALAD
(BEEF TACO SALAD).**

— Vitamin A
C Vitamin C

+ Higher in sodium