






Mon	Tue	Wed	Thu	Fri
	<p>*- Vitamin C source Vitamin A source- <u>Underlined</u></p> <p><i>This Menu is for the Congregate Lunch Program at the LOEL Center only.</i></p>	<p>1 Sweet & Sour Pork 5 oz Brown Rice 4 oz Steamed <u>Bok Choy</u> 4 oz *Citrus Salad 4 oz Whole Wheat 1 ea 1% Milk 8 oz Margarine 1 tsp Soy Sauce 1 pkt ea</p>	<p>2 Turkey Hot dog 1 ea Mac & Cheese 4 oz Steamed *Broccoli 4 oz Fruit Cocktail 4 oz Whole Wheat Bun 1 ea 1% Milk 8 oz Ketchup, Mustard, Relish 1 pkt ea Cookie 1 ea</p>	<p>3 Baked Fish 3 oz Roasted Potatoes 4 oz Peas & Pearl Onions 4 oz *Kiwi 1 ea Whole Wheat 1 ea 1% Milk 8 oz Margarine 1 tsp Lemon Wedge 1 ea Tartar Sauce 1 pkt</p>
<p>6 Chicken Tortilla Soup 6 oz Veggie Quesadilla 1 ea Sour Cream 1 oz Salsa 1 oz Spanish Rice 4 oz *Pineapple 4 oz 1% Milk 8 oz Churro 1 ea</p>	<p>7 Baked Potato 5 oz 1 ea Chili Beans 3 oz Steamed *Broccoli 4 oz Sour Cream 1 oz Cheese 1 oz Melon 4 oz 1% Milk 8 oz Whole Wheat 1 ea Margarine 1 tsp</p>	<p>8 Pork Loin 3 oz Mashed Potatoes 4 oz Gravy 2 oz *Brussels Sprouts 4 oz Steamed <u>Carrots</u> 4 oz Applesauce 4 oz Whole Wheat 1 ea 1% Milk 8 oz Margarine 1 tsp</p>	<p>9 Meatball Sandwich 3 oz Buttered Noodles 4 oz Red Sauce 2 oz <u>Swiss Chard</u> 4 oz *Citrus Salad 4 oz Whole Wheat Bun 1 ea 1% Milk 8 oz Pudding 3 oz</p>	<p>10 Clam Chowder 6 oz <u>Spinach</u> Salad 8 oz *Pea Pods 4 oz & Kidney Beans 2 oz LF Dressing 1 oz Hard Boiled Egg 1 ea Beets 2 oz Banana 1 ea Whole Wheat 1 ea Crackers 3 packets ea 1% Milk 8 oz Margarine 1 tsp</p>
<p>13 Chicken Strips 2 ea Mashed Potatoes 4 oz w/Gravy 1 oz Coleslaw 4 oz <u>Mixed Veggies</u> 4 oz *Orange 1 ea Whole Grain Biscuit 1 ea 1% Milk 8 oz Margarine 1 tsp & Honey pkt 1 ea BBQ Sauce 2 oz</p>	<p>14 Fish Sandwich 3 oz Slice of Cheese, Lettuce, & Tomato Sweet Potatoes 4 oz *Brussels Sprouts 4 oz Fruit Cocktail 4 oz Whole Wheat Bun 1 ea 1% Milk 8 oz Tartar Sauce 1 packet Cookie 1 ea</p>	<p>15 Beef Stew 8 oz <u>Spinach</u> Salad 8 oz Garbanzo Beans 2 oz LF Dressing 1 oz *Mandarin Oranges 4 oz Cornbread 1 ea 1% Milk 8 oz Margarine 1 tsp</p>	<p>16 Shredded Chicken Taco 2 oz Pinto Beans 4 oz Spanish Rice 4 oz Lettuce 2 oz, Cheese 1 oz, Tomato 1 oz Sour Cream 1 oz Corn Tortilla 2 ea *Orange Juice 4 oz 1% Milk 8 oz Churro 1 ea</p>	<p>17 Sheppard's Pie 8 oz Green Salad 8 oz LF Dressing 1 oz *Orange 1 ea 1% Milk 8 oz Whole Wheat 1 ea Margarine 1 tsp</p>
<p>20 LOEL Closed in Observance of </p>	<p>21 Turkey Burger 4 oz Whole Wheat Bun 1 ea Lettuce 1 leaf Tomato 1 slice Oven Fries 4 oz *Pineapple 4 oz Steamed <u>Carrots</u> 4 oz Pickle Spear 1 ea 1% Milk 8 oz Ketchup, Mustard, Mayo 1 pkt ea</p>	<p>22 Crab Cakes 2 ea Rice Pilaf 4 oz <u>Spinach</u> Salad 8 oz *Pea Pods 4 oz Hard Boiled Egg 1 ea LF Dressing 1 oz Peaches 4 oz 1% Milk 8 oz Whole Wheat 1 ea Margarine 1 tsp Cake 1 piece</p>	<p>23 Chicken Fried Steak 4 oz Mashed Potatoes 4 oz Gravy 2 oz <u>Swiss Chard</u> 4 oz *Mandarin Oranges 4 oz Whole Wheat 1 ea 1% Milk 8 oz Margarine 1 tsp</p> <div data-bbox="2169 1294 2427 1568" style="border: 2px solid black; border-radius: 15px; padding: 5px; width: fit-content; margin: 10px auto;"> <p>Lunch Date With LOEL given by Russ & Jan Ray in honor of Matt & Kelly Arnaiz</p> </div>	<p>24 Chicken Enchiladas 2 ea Refried Beans 4 oz Green Salad 8 oz LF Dressing 1 tsp Pears 4 oz *Orange 1 ea 1% Milk 8 oz Churro 1 ea</p>
<p>27 Tuna Salad 3 oz *Tomato Soup 6 oz Grilled Cheese Sand ½ ea Green Salad 8 oz Garbanzo Beans 2 oz LF Dressing 1 oz Hard Boiled Egg 1 ea Beets 2 oz WW Crackers 3 pkts ea 1% Milk 8 oz</p>	<p>28 Spaghetti Noodles 6 oz Meat Sauce 2 oz <u>Mixed Veggies</u> 4 oz Green Salad 8 oz Kidney Beans 2 oz LF Dressing 1 oz *Orange Juice 4 oz Garlic Bread 1 ea 1% Milk 8 oz Jell-O 4 oz</p>	<p>29 Roast Beef 3 oz Brown Gravy 2 oz Mashed Potatoes 4 oz Steamed <u>Spinach</u> 4 oz *Citrus Salad Whole Wheat 1 ea 1% Milk 8 oz Margarine 1 tsp</p>		<p>Lunch is served at 11:30am and requires a reservation at least 24 hours in advance. <i>Please call 369-1591 for a reservation.</i></p> 