**April 21-25**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Seared Chicken Breast, Brown Rice, Green Beans, Snap Pea Salad, Seasonal Fruit, Orange Juice | Sweet and Sour Chicken, Farrow, Cucumber & Broccoli, Seasonal Fruit, Orange Juice | Grilled Flank Steak, Lentil Butternut Squash Soup, Caesar Salad, Seasonal Fruit, Orange Juice | Chicken Salad, Garlic Bread, Roasted Red Pepper and Tomato Soup, Seasonal Fruit, Orange Juice | Tuna Salad, Mexican Lentil Soup with Chic Peas, "Carrots, Tomato, Celery", Seasonal Fruit, Orange Juice |
| Baked Tilapia, Lentils & Roasted Sweet Potato, Garlic Spinach, Seasonal Fruit | Bourbon Glazed Halibut, Coconut Cilantro Rice, Sautéed Kale & Swiss Chard, Seasonal Fruit | Shrimp Scampi, Whole Wheat Fettuccine, Spinach & Green Beans, Seasonal Fruit | Blackened Salmon, Basmati Rice, Seasoned Black Beans, Tomato Bruschetta, Roasted Carrots, Seasonal Fruit | Pork Loin, Mashed Potatoes, Broccoli, Seasonal Fruit |

 **April 28-May 2**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Baked Drumstick, Brown Rice, Southwest Salad, Seasonal Fruit, Orange Juice | Cream of Chicken Soup, Whole Grain Pasta, Steamed Carrots, Seasonal Fruit, Orange Juice | Vegetarian Chili with Beans, Cornbread, Garden Salad, Seasonal Fruit, Orange Juice | Turkey Sliders on Buns, Broccoli Cheddar Soup, Seasonal Fruit, Orange Juice | Split Pea & Chick Pea Soup, Garlic Bread, Cucumber Tomato Salad, Seasonal Fruit, Orange Juice |
| Ground Beef Lasagna, Dinner Roll, Broccoli, Seasonal Fruit | Blackened Salmon, Coconut Cilantro Rice, Seasoned Black Beans, Sautéed Kale & Swiss Chard, Seasonal Fruit | Coq Au Vin, Mashed Potatoes, Spinach & Green Beans, Seasonal Fruit | Shrimp Alfredo, Fettuccine, Sautéed Green Beans, Seasonal Fruit | Tofu Curry, Rice & Chick Peas, Carrots, Seasonal Fruit |

**May 5-9**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Seared Chicken Breast, Chick Peas, Italian Chopped Salad, Seasonal Fruit, Orange Juice | Chicken Tortilla Soup, Pinto Beans, Carrots, Seasonal Fruit, Orange Juice | Beef Meatball Sub, Garden Salad, Seasonal Fruit, Orange Juice | Bacon Grilled Cheese Sandwich on Whole Wheat, Tomato Soup, Seasonal Fruit, Orange Juice | Ham, Roasted Potato, Green Beans, Seasonal Fruit, Orange Juice |
| Teriyaki Salmon, Sweet Potato, Asparagus, Seasonal Fruit | Charred Shrimp, Farrow, "Cucumber, Avocado, Pineapple Salad", Seasonal Fruit | Seared Pork Chop, Mashed Potatoes, Roasted Brussels Sprouts, Seasonal Fruit | Seared Trout, Mediterranean Lentil Salad, Garlic Green Beans, Seasonal Fruit | Tofu, Vegetarian Fried Rice, Seasonal Vegetables, Seasonal Fruit |

**May 12 -16**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Pulled Chicken Chili in Tomato Sauce, Black Beans, Corn Bread, Seasonal Fruit, Orange Juice | BBQ Pulled Pork, Roasted Red Potatoes, Sautéed Bell Peppers, Seasonal Fruit, Orange Juice | Baked Garlic Dijon Salmon, Lime Cilantro Basmati Rice, Garden Salad, Seasonal Fruit, Orange Juice | Honey Roasted Turkey Sandwich, Zucchini Soup, Seasonal Fruit, Orange Juice | Garlic Rosemary Flank, Baked Potato, Broccoli, Seasonal Fruit, Orange Juice |
| Cheese Tortellini in Tomato & Meat Sauce, Sautéed Summer Squash / Zucchini, Seasonal Fruit | Sausage & Chicken Jambalaya, Rice, Green Beans, Seasonal Fruit | Pesto Chicken Breast, Lentil Bruschetta Salad, Sautéed Spinach, Seasonal Fruit | Shrimp Alfredo, Fettuccine, Seasonal Vegetables, Seasonal Fruit | Old Bay Baked Tilapia, Rice Pilaf, Sautéed Carrots, Seasonal Fruit |

**May 19 -23**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Turkey & Cheese Sandwich on Whole Wheat, "Tomato, Cucumber Slices and Lettuce", Seasonal Fruit, Orange Juice | , Avgolemono Soup with Chicken, Orzo, "(Onion, Celery and Carrot in Soup)", Seasonal Fruit, Orange Juice | Salmon Picatta, Rice, Seasoned Black Beans, Roasted Carrots, Seasonal Fruit, Orange Juice | Chicken Strips, Fries, Grilled Vegetables, Seasonal Fruit, Orange Juice | Waldorf Chicken Salad, Dinner Rolls, Broccoli, Seasonal Fruit, Orange Juice |
| BBQ Pork Ribs, Baked Beans, Garden Salad, Seasonal Fruit | Meatballs, Marinara Sauce, Pasta, Green Beans, Seasonal Fruit | Roasted Pork Tenderloin, Mashed Potatoes, Sautéed Spinach, Seasonal Fruit | Ground Beef Tacos, Flour Tortillas, Cole Slaw, Chopped Tomato, Guacamole, Seasonal Fruit | Teriyaki Beef, Rice Pilaf, Sautéed Carrots, Seasonal Fruit |

**May 26-30**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| "Beef Lentil Soup (with Carrots, Celery, Onion)", Dinner Roll, Seasonal Fruit, Orange Juice | Chicken Fajitas with, Tortilla, Black Beans, Red Pepper & Onions, Seasonal Fruit, Orange Juice | Baked Chicken Breast, Mashed Potatoes, Garlic Broccoli, Seasonal Fruit, Orange Juice | Pineapple Glazed Ham, Macaroni & Cheese, California Vegetables, Seasonal Fruit, Orange Juice | Baked Penne Pasta with Mozzarella & Ground Beef Tomato Sauce, Whole Grain Penne Pasta, Seasonal Fruit, Orange Juice |
| Pot Roast with Gravy, Baked Parsley Potatoes, Sautéed Green Beans, Seasonal Fruit | Salmon Florentine, Linguini Pasta, White Beans Salad, Garden Salad, Seasonal Fruit | Pork Carnitas, Tomato Rice, Black Beans, Garden Salad, Sautéed Green Peppers, Seasonal Fruit | Meatloaf with Brown Sauce, Mashed Potatoes, Seasonal Vegetables, Seasonal Fruit | White Fish with Scampi Sauce, Baked Sweet Potatoes, Cauliflower, Seasonal Fruit |

**June 2-6**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Baked Salmon, Boiled Red Bliss Potato, Lentil Salad, Cole Slaw, Seasonal Fruit, Orange Juice | Chicken Piccata, Whole Grain Penne Pasta, White Beans Salad, Roasted Vegetables, Seasonal Fruit, Orange Juice | Salisbury Steak with Mushroom Gravy, Garlic Mashed Potatoes, Roasted Carrots, Seasonal Fruit, Orange Juice | Veggie & Cheese Lasagna, "Mushroom, Zucchini and Squash", Seasonal Fruit, Orange Juice | Asian Braised Pork, Veggie Fried Rice, "Stir Fried Veggies / Peppers, Cabbage, Broccoli", Seasonal Fruit, Orange Juice |
| Glazed Korean BBQ Meatballs, Brown Rice, Asian Vegetables, Seasonal Fruit | Chicken Parmesan, Marinara Sauce, Mozzarella Cheese, Whole Grain Pasta, White Bean Salad, Roasted Brussels Sprouts, Seasonal Fruit | Beef Stroganoff, Brown Rice Pilaf, Sautéed Green Beans, Seasonal Fruit | Sausage & Peppers, Herb Potatoes, Sautéed Peppers & Onions, Seasonal Fruit | Chicken Enchilada, Cilantro Rice, Seasoned Black Beans, Tomato Sauce, Salad, Seasonal Fruit |

 **June 9-13**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| BBQ Chicken, Brown Rice Pilaf, Seasoned Pinto Beans, California Vegetables, Seasonal Fruit, Orange Juice | Chicken Stroganoff, Brown Rice Pilaf, Sautéed Green Beans, Seasonal Fruit, Orange Juice | Sweet & Sour Pork, Veggie Fried Rice, Stir Fried Vegetables, Seasonal Fruit, Orange Juice | Sweet Chili Shrimp, Garlic Mashed Potatoes, Garlic Broccoli, Seasonal Fruit, Orange Juice | Pesto Spaghetti with Chicken, Linguine Pasta, Chick Pea Salad, Seasonal Fruit, Orange Juice |
| Turkey Baked Ziti, Sautéed Green Beans, Seasonal Fruit | Fish Veracruz, Roasted Garlic Potatoes, Green Peas, Sautéed Spinach, Seasonal Fruit | Hawaiian Chicken, Fried Brown Rice, Garlic Broccoli, Seasonal Fruit | Char Siu Pork, Steamed Rice, Pickled Cucumbers, Stir Fried Vegetables, Seasonal Fruit | Baked White Fish, Baked Sweet Potatoes, Seasoned Black-Eyed Peas, Cooked Kale, Seasonal Fruit |

**June 16-20**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Curried Chicken Sandwich on Bun with Lettuce & Tomato, Cole Slaw, Seasonal Fruit, Orange Juice | , Miso Ground Pork, Roasted Butternut Squash & Chick Peas, Roasted Carrots, Seasonal Fruit, Orange Juice | Vegetable Frittata, Dinner Roll, Chick Pea Salad, "Zucchini, Broccoli, Onion, Pepper", Seasonal Fruit, Orange Juice | Chicken Thighs Ossobuco, Brown Rice Pilaf, Sautéed Green Beans, Seasonal Fruit, Orange Juice | Orange Chicken, Fried Brown Rice, Garlic Broccoli, Seasonal Fruit, Orange Juice |
| Swedish Meatballs, Pasta, Vegetable Medley, Seasonal Fruit | Tofu Teriyaki, Quinoa, Sautéed Bok Choy, Seasonal Fruit | Chicken & Cheese Quesadilla, Rice & Beans, Sautéed Onion and Peppers, | Chicken Marsala with Mushroom Sauce, Linguine Pasta, Garlic Broccoli, Seasonal Fruit | Herb Lemon Baked Fish, Roasted Garlic Potatoes, Sautéed Spinach, Seasonal Fruit |