

Lomage Community Table Dining Program Well-being as we age Community Table Dining Program

Monday	Tuesday	Wednesday	Thursday	Friday
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	Chicken Salad Wrap Pasta Salad w/Broccoli and Grape tomatoes Cookie Fresh Fruit	Golden Baked Chicken w/ Steamed Rice Country Vegetables Peaches Dinner Roll	Diced Cucumber Salad Sweet and Sour Meatballs Steamed Rice Mixed Fruit Dinner Roll	
7 Tuna Salad Sandwich w/ lettuce and tomato Sun Chips Cookie Pineapple	Dijon Chicken Orzo w/Peas Steamed Carrots Fresh Fruit Dinner Roll	Coleslaw BBQ Rib Sandwich Potato Wedges Peaches	Black Bean Salad Chicken Fajitas w/sour cream and salsa Spanish Rice Mandarin Oranges	
Baked Potato topped with Chili, shredded Cheese, and sour cream Steamed Spinach Pears	Chicken Caesar Wrap Chips Fresh Fruit Cookie	Potato Salad Cheeseburger w/ lettuce and tomato Baked Beans Fresh Fruit	Easter Lunch Spring Salad Baked Ham w/ Glaze Au Gratin Potatoes Fresh Roasted Vegetable Easter Dessert	18
Fiesta Salad Two Beef Tacos w/Lettuce, Cheddar, Salsa, and Sour Cream Spanish Rice Pineapple	Earth Day 22 Grilled Chicken Pesto Pasta Garlic Bread Steamed Broccoli Cupcake Fresh Fruit	Broccoli Salad Vegetable Soup Grilled Cheese Fresh Fruit Pudding	Chef Salad: Romaine Lettuce topped w/ turkey, ham, boiled egg, cheese, tomato, and cucumber Blueberry Muffin Fresh Fruit	25
Grilled Chicken Sandwich w/ Lettuce and Tomato Sweet Potato Fries Pea and Cheese Salad Cobbler	Grilled Lemon Herb Pollock Wild Rice Caribbean Vegetables Dinner Roll Peaches	Garden Salad Cheese Pizza w\veggies Cookie Fresh Fruit		

1% milk, 2oz of whole grain, and fortified margarine are available with all meals. *All fresh produce is subject to availability. Substitutions may be made without notice.*