

VDA ADHC SENIOR CENTER – JANUARY MENU 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST				1 Breakfast Burrito ½ c Salsa ½ c Hash Browns ½ c Pineapple 1 c Milk	2 2 oz WG Blueberry Muffin ½ c Yogurt 1 c Honeydew 1 c Milk
Hot Lunch				3 oz Chicken & Gravy ½ c Stuffing 1 oz gr 1 WG Dinner Roll & butter ½ c French Green Beans ½ c Seasoned Carrots ½ c Pear 1 c Milk Veg: 3 oz Chix Strips	3 oz Salmon with lemon dill sauce ½ c WG Quinoa 1 oz WG Dinner Roll w Butter ½ c Au Gratin Potatoes ½ c Spinach ¾ c Cinnamon Baked Apple/Cinnamon Applesauce 1 c Milk Veg: same
Cold Lunch				Pasta Salad 1 oz turkey bacon, 2 oz cheddar cubes, 2 oz WG Rotini, 1 oz WW Roll w butter ½ c Red & Green Pepper strips w Italian ½ c Red Bean Salad ½ c Grapes 1 c Milk Veg: 3 oz Egg Salad	Mediterranean Roasted Vegetable sandwich 3 oz chicken ½ c cucumber 2 oz Focaccia ½ c Mediterranean Chickpea Salad ½ Cantaloupe 1 c Milk Veg: Same
SNACK				½ c Tropical Fruit Salad 1 oz String Cheese	½ c Peaches 4 Graham Crackers
BREAKFAST	6 3 ½" x 2 ½" Breakfast Pizza 1 oz m/ma ¾ c veg 2 oz WG English Muffin butter ½ c Apple Juice 1 c Milk	7 ¾ c WG Scooter cereal 1 WG Toast 1 oz Butter 1 TBSP Peanut Butter ¼ c Raisins 1 c Milk		8 6 oz Strawberry Smoothie Bowl 1 oz m/ma, ½ c f 3 oz WG Apple Muffin ½ c Tropical Fruit Salad 1 c Milk	9 Hot waffle & chicken 2 Chicken Tenders 1 ½ oz m/ma 2 WG Waffles (2.28 oz) Syrup 1 c Peas 1 c Milk
Hot Lunch	1 ¼ c Beef Pot Pie 3 oz m/ma, ½ c Carrots 2 oz WG Biscuit w/ butter ½ c Peas ½ c Orange 1 c Milk Veg: Soy Beef	3 oz BBQ Shredded Chicken 2 oz WG Combread w Butter 1 cup Braised Greens & Beans ½ c Peaches 1 c Milk Veg: 3 oz Chix Strips	3 oz Grilled Pollock (3 oz m/ma) 1 c WG Fettuccine alfredo ½ c Broccoli ½ c Italian Blend zucchini, carrots , cauliflower, lima beans, green beans ½ c Fruit Cocktail 1 c Milk Veg: Same	4 oz Salisbury Steak & Country Brown Gravy 2 oz WG Biscuit w Butter ½ c Roasted Carrots ½ c Garlic Mashed Potatoes ½ c Apple Cobbler 1 c Milk Veg: 3 oz Veggie Patty	1 c Arroz con Pollo 2 tenderloin 3 oz m/ma ½ c Vegetables (bell pepper onion tomato) ½ c WG Rice 1 oz 1 oz WG Roll w butter ½ c Black Beans ½ c Pears 1 c Milk Veg: Vegan Arroz con Pollo
Cold Lunch	3 oz Grilled Chicken 2 (1 oz) MG Sprouted Bread 1 PC Mayo ½ c Lettuce ¼ c Tomato ½ c Corn and Black Bean Salad ½ c Cranberries 1 c Milk Veg: 3 oz Chix strips	#6 scoop Sriracha Chickpea Salad 2 WW Bread 2 oz ½ c Lettuce ¼ c Tomato mayo 1 c Shredded Field Greens W Ranch 1 Banana 1 c Milk Veg. Same	Chicken Caesar Salad 3oz Chicken Strips 2 oz WG Apple Muffin 1 c Romaine Lettuce W Caesar Dressing ½ c Pickled Beets ½ c Grapes 1 c Milk Veg:3 oz Chix Strips	2 oz Turkey Breast 1 oz Swiss, 1 PC Mayo 2 oz WG Roll ½ c Marinated Vegetable Salad ½ c Cucumber Salad ½ c Pear 1 c Milk Veg: 3 oz sliced cheese	Roast Beef Salad 3 oz Beef, ½ C mixed Greens, ½ C Cherry Tomatoes w/ Ranch Dressing 2 oz WG Roll ½ c Mediterranean Chickpea Salad ½ c Marinated Shredded Carrots , Cauliflower, Broccoli ½ c Apple Slices 1 c Milk
SNACK	4 Sunflower Butter Balls 1 oz m/ma 1 c Milk	1 oz WW Wheat Crackers ¾ oz IW Cheddar Cheese	¼ oz Chicken Salad on a 1 oz slider bun	.9 oz Blueberry Mini Muffin ½ c Mango	½ c Low fat Greek Yogurt ½ c Diced Peaches

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BREAKFAST	13 2 WG French Toast (2 oz) Syrup 1 oz LS Turkey Sausage 1 c Diced Peaches 1 c Milk	14 2 oz WG Biscuit Honey & Butter $\frac{1}{2}$ c Yogurt 1 c Mango 1 c Milk	15 $\frac{3}{4}$ c WG Bran Flakes 1 oz WG Toast Butter 1 Tbsp Peanut Butter $\frac{1}{2}$ c Orange Juice $\frac{1}{4}$ c raisinns 1 c Milk	16 1 c Southwest Tofu Scramble 1 oz WG Toast w butter $\frac{1}{4}$ C Tropical Fruit $\frac{1}{4}$ c Red Beans 1 c Milk	17 3 oz WG Blueberry Muffin Butter $\frac{1}{2}$ c Yogurt $\frac{1}{2}$ c 100% Cran-Apple 1 c Pears 1 c Milk
Hot Lunch	Korean Beef over Quinoa $\frac{1}{2}$ c Quinoa, $\frac{1}{3}$ c beef 1 oz grain 3 oz m/ma 1 oz WG Roll w Butter $\frac{1}{2}$ c Green Beans $\frac{1}{2}$ c Sweet Potato $\frac{1}{2}$ c Pineapple 1 c Milk Veg: 3 oz soy beef	$\frac{1}{2}$ c Honey Lime Chicken 2 $\frac{1}{2}$ oz m/ma $\frac{1}{2}$ WG Pita 1 oz 1 c Curried Vegetable Couscous 1 oz gr, $\frac{1}{2}$ c Veg Chicpeas, Zucchini, Carrots $\frac{1}{2}$ Brussel Sprouts $\frac{1}{2}$ c Cinnamon Baked Apple 1 c Milk Veg: Vegan Chicken	6 Swedish Meatballs 3 oz beef 1 cup WG Egg Noodle $\frac{1}{2}$ c Beets $\frac{1}{2}$ c Steamed Spinach $\frac{1}{2}$ c Fruit Cocktail 1 c Milk Veg: $\frac{1}{2}$ C Vegetable Meatballs w/ sauce	2 c Chicken Noodle Soup <small>3 oz m/ma 1 oz gr</small> 1 WG Wheat Roll (1 oz) Butter $\frac{1}{2}$ c Black Eyed Peas $\frac{1}{2}$ c Butternut Squash $\frac{1}{2}$ c Orange Wedges 1 c Mil Veg: Chickstrip Soup	3 oz Yangs Mandarin Orange Chicken 1 c WG Rice $\frac{1}{2}$ c Roasted Cauliflower $\frac{1}{2}$ c Steamed Greens $\frac{1}{2}$ c Grapes 1 c Milk Veg: 3 oz Tofu „Stir fry“3 oz
Cold Lunch	3 oz Asian Chicken Salad 2 oz WG Roll w butter $\frac{1}{2}$ c Asian Cucumber Salad $\frac{1}{2}$ c Zucchini & Tomato Salad $\frac{1}{2}$ c Mandarin Oranges 1 c Milk Veg: 3 oz Chicks Strips	1 $\frac{1}{2}$ c Tropical Bean Salad 2.25 m/ma (w lettuce) $\frac{5}{8}$ c veg $\frac{3}{8}$ c Fruit 2 (1 oz) WW Bread Butter 1 c Romaine Lettuce (alt. field greens) $\frac{1}{2}$ c Tropical Fruit Salad 1 c Milk Veg: Same	1 Whole Chicken Wrap (2 Pieces) 3 oz m/ma, 2 oz WG $\frac{1}{2}$ c Lettuce $\frac{1}{4}$ c Tomato 1 PC mayo $\frac{1}{2}$ c Green & Red Pepper Strips $\frac{1}{2}$ c Waldorf Salad 1 c Milk Veg: $\frac{1}{2}$ c Hummus 1 oz Provolone	3 oz Roast Beef 1 PC mayo 2 oz WW Roll 1 c Spinach Salad $\frac{1}{2}$ c Cole Slaw $\frac{1}{2}$ c Honeydew 1 c Milk Veg: $\frac{1}{2}$ c Fresh Mozzarella, Cucumbers,	8 oz Yogurt 1 oz String Cheese 2 oz WG Blueberry Muffin $\frac{1}{2}$ c Italian Tomato Salad 1 c Field Greens Salad w Italian $\frac{1}{2}$ c Fruit Salad 1 c Milk Veg: Same
SNACK	1 oz WW Crackers $\frac{3}{4}$ oz IW Cheddar Cheese	$\frac{1}{2}$ c Cucumbers w/Honey Mustard Dip $\frac{3}{4}$ oz WG Goldfish	.9 oz Blueberry Mini Muffin $\frac{1}{2}$ c Peaches	$\frac{1}{2}$ c Mixed Berries (previously frozen) $\frac{1}{2}$ c Cottage Cheese	2 Oatmeal Cookies $\frac{1}{2}$ c (4 oz) Vanilla Yogurt
BREAKFAST	20	21 $\frac{3}{4}$ c WG Chex Cereal 1 oz WG Toast butter 1 oz Cheddar Cheese 1 c Fruit Cocktail 1 c Milk	22 Yogurt Bowl ** $\frac{1}{2}$ c Plain Yogurt 1 oz m/ma $\frac{1}{2}$ c WG Granola 2 oz $\frac{1}{2}$ c Orange Juice 1 c Milk	23 1 c Spiced Oatmeal 1 c Warm Spiced Apple Slices $\frac{1}{2}$ c Vanilla Yogurt 1 oz m/ma 1 c Milk	24 2 oz WG Bagel 1 oz Swiss Cheese butter 1 c Apple slices 1 c Milk
Hot Lunch		1.5 c Beef Stroganoff 3 m/ma 1 c WG Egg Noodles 2 oz $\frac{1}{2}$ c Diced Sweet Potatoes $\frac{1}{2}$ c Brussels Sprouts $\frac{1}{2}$ c Grapes 1 c Milk Veg 1 c Soy Beef Stroganoff	1 $\frac{1}{4}$ c Vegetarian Lasagna <small>3ozm/ma, $\frac{1}{2}$ c noodles (1 oz grain)</small> 1 oz Garlic Bread $\frac{1}{2}$ c Italian Blend $\frac{1}{2}$ c Lima Beans $\frac{1}{2}$ c Fruit Salad 1 c Milk Veg: Same	3 oz Oven Fried Chicken 2 oz WG Roll w Butter $\frac{1}{2}$ c Green Beans $\frac{1}{2}$ C Gingered Cabbage Salad $\frac{3}{4}$ c Peach Cobbler 1 c Milk Veg: 3 oz Chix Strips	3 oz Breaded Fish Filet 2.5 oz m/ma 1 oz grain 2 oz WG Bun $\frac{1}{2}$ c Sauteed Spinach $\frac{1}{2}$ c Magenta Root Slaw $\frac{1}{2}$ c Clementine 1 c Milk Veg : Same
Cold Lunch		3 oz Apple Raisin Chicken Salad 2 Sl WG Bread 2 oz $\frac{1}{2}$ c Lettuce $\frac{1}{4}$ c Tomato $\frac{1}{2}$ c Oil & Vinegar Cole Slaw $\frac{1}{2}$ c Peaches 1 c Milk Veg: 3 oz Chix strips apple Raisin Salad	Spinach Strawberry Feta Salad <small>(2 oz grain equivalent, 3 oz meat/meat alternate, 1/2 cup dark leafy green vegetable)</small> 3 oz Chickpeas 2 oz WG Roll $\frac{1}{2}$ c Strawberries $\frac{1}{2}$ c Mango 1 c Milk Veg: Same	2 Asian Beef Spring Roll <small>3 oz Beef, 2 oz WW Flour tortilla</small> $\frac{1}{2}$ c Seasoned edamame $\frac{1}{2}$ c Asian Carrot Radish Salad $\frac{1}{2}$ c Banana 1 c Milk Veg : 2 Soy Beef Spring Rolls	3 oz Purple Power Bean Wrap <small>$\frac{3}{4}$ c Great Northern Beans 3 oz m/ma, 2 WW Tortilla (6 in 2.6 oz)</small> $\frac{1}{2}$ c Pickled Beet Salad $\frac{1}{2}$ c Coleslaw $\frac{1}{2}$ c Apricots 1 c Milk Veg: same
SNACK		$\frac{1}{4}$ c Pimento Cheddar Cheese 1 $\frac{1}{2}$ oz m/ma 1 oz WW Bread	Fun Fruit Pizza	1 String Cheese 8 WG Ritz Crackers	.9 oz Blueberry Mini Muffin $\frac{1}{2}$ c Apricots

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BREAKFAST	27 Maple French Toast w Turkey Fennel Sausage 2 oz m/ma, 1 oz gr 1 oz WG Toast Butter 1 c Sweet Potato Hash ½ c Prune Juice 1 c Milk	28 1 WG English Muffin w 1 TBSP Sunbutter 1 Banana ½ C Cran Apple Juice 1 c Milk	29 ¾ c WG Kix Cereal 1 oz WG Toast 1 TBSP Almond Butter 1 c Apple Slices alt 1 c Applesauce 1 c Milk	Eve on a Raft 30 1 Egg patty 2 WG Wheat Toast 2oz Butter 1 c Baked Apple 1 c Milk	31 2 oz WG Biscuit Honey & Butter ½ c Yogurt 1 c Cantaloupe 1 c Milk
Hot Lunch	2 Oven Fried Chicken Legs 3 oz 2 oz WG Corn Muffin w Butter ½ c Steamed Collards ½ c Creole Style Black Eyed Peas ¾ c Cherry Cobbler 1 c Milk Veg: 3 oz Chicks Tenders	3 oz Slice Turkey & Gravy ½ c Stuffing 1 oz WG Roll w Butter ½ c Broccoli & Cauliflower ½ c Pimento Corn ½ c Baked Cinnamon Apple/Applesauce 1 c Milk Veg: 3 oz Chicks Strips	1 ½ c Beef Pho 2 oz m/ma 1 oz WG & 4 Meatballs with Rice noodles 1 oz WG Biscuit w/ Butter ½ c Zucchini ½ c Green Beans 1 Orange in Wedges 1 c Milk Veg: 1 ½ c TofuPho 2 oz m/ma 1 oz whole grain	Eve on a Raft 30 1 ½ c Chicken & Dumplings <small>3 oz Chicken ½ c Veg(carrots, peas)</small> 1 oz Dumplings 1 oz WG Roll w Butter ½ C Peas & Carrots ½ c Pumpkin ½ c Pineapple 1 c Milk Veg: 3 oz Grilled Chix Strips & 1 oz Dumplings	3 oz Florentine Cod ½ c Macaroni & Cheese ½ c Cucumber Salad ½ c Stewed Tomatoes ½ c Grapes 1 c Milk MOW Veg: Same
Cold Lunch	Beef Caesar Salad 1 c Caesar Field Greens Salad W Caesar Dressing 3 oz Sliced Beef 2 oz WG Blueberry Muffin ½ c Cold Fruit Compote ½ c Peaches 1 c Milk Veg: 3 oz Cheese Caesar Salad	1 Powerhouse Wrap <small>¾ c Black Beans, 2 WW Tortilla (6 in 2.6 oz)</small> 1 c Tossed Green Salad w Italian ½ c Grapes ½ c Beet Salad 1 c Milk Veg: Same	3 oz Chicken Salad 2 oz WG Roll ¾ c Spinach Strawberry Salad w Balsamic Vinaigrette ½ c Broccoli Salad ½ c Pear 1 c Milk Veg: ½ c Cucumber, ½ c Hummus & 1 oz Provalone	Turkey Taco Salad with Southwest <i>Ranch</i> (3 oz equivalent meat/meat alternate, ¾ cup of vegetable, and 1 oz grain equivalent) 1 cup lettuce and tomato mix 2 oz Baked Chips ½ c honeydew ½ c Pinto Beans 1 c Milk Veg: 3 oz Pinto beans and chix strips	3 oz Egg Salad 2 oz WW Roll 1 c Field Greens w Italian ½ c Fruit Salad ½ c Cucumber Vinaigrette 1 c Milk Veg: Same
SNACK	½ c Mixed Berries (previously frozen) ½ c Cottage Cheese	½ c Fruited Yogurt 1 oz WG Granola	1 WG Biscuit w Jelly ½ c Pineapple Tidbits	1 c Milk 0.9 oz mini muffin	1 oz String Cheese 8 WG Ritz Crackers