

VDA ADHC SENIOR CENTER – OCTOBER MENU 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
BREAKFAST									
Hot Lunch									
Cold Lunch									
PM SNACK									
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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
BREAKFAST	Hot Sunshine Taco 14 ¼ c Egg & Cheese, 6 inch WG Flour Tortilla 1 oz WG Toast Butter ½ c cran apple juice 1 c Tropical Fruit Salad Pineapple Papaya Guava 1 c Milk	Yogurt Bowl ** 15 ½ c Plain Yogurt 1 oz m/ma ½ c WG Granola 2 oz 1 c Fresh Fruit Salad (Honeydew, Cantaloupe , Pineapple) ½ c Orange Juice 1 c Milk	¾ c WG Kix Cereal 16 1 oz WG Toast 1 TBSP Almond Butter ½ c Strawberries 1 c Apple Slices alt 1 c Applesauce 1 c Milk	Hot 17 2 WG Pancakes (2 oz) Syrup 1 oz LS Turkey Sausage 1 c Diced Pears ½ c Grape Juice 1 c Milk	2 oz WG Biscuit Honey & Butter 1 Hard Boiled Egg alt ½ c Yogurt 1 c Cantaloupe ½ c Cranberry Juice 1 c Milk				
Hot Lunch	1 ¼ c Macaroni & Cheese 1 ½ oz Cheese, 1 c noodles 7.1 oz ½ c Vegetarian Baked Beans 1 String Cheese ½ c Cucumber Creamy Salad ½ c Stewed Tomatoes ½ c Fruit Cocktail 1 c Milk Veg.: Same	1 ¼ c Shepherd's Pie 3 oz beef, ½ c m potatoes(peas, carrots& corn) 2 oz WG Roll w Butter ½ c Sauteed Collard Greens ½ c Fruit Compote 1 c Milk Veg: 3 oz Soy Protein Shepherd's Pie	1.5 c Spinach , Leek, and Brown Rice Pie (2 oz WG, 3 oz MA, ½ C Green Veg.) ½ c Carrots ½ c Tropical Fruit Salad (Pineapple, Papaya, Guava) 1 c Milk Veg: same	3 oz Slice Turkey & Gravy ½ c Stuffing 1 oz WG Roll w Butter ½ c Green Beans ½ c Pimento Corn ½ c Baked apple/Applesauce 1 c Milk Veg.: 3 oz Chicks Strips		1 c WG Spaghetti 2 oz & ½ c sauce & 6 Meatballs 3 oz m/ma ½ c sauce ½ c Zucchini ½ c Italian Blend 1 Orange in Wedges 1 c Milk Veg.: WG Spaghetti w/ Soy Protein			
Cold Lunch	2 Asian Beef Spring Roll 3 oz Beef, 2 oz WW Flour tortilla 1 c Field Greens w Italian ½ c Edamame 1 c Peaches 1 c Milk Veg.: 3 oz soy beef spring roll	3 oz Tuna Salad 2 oz WW Roll ½ c Seasoned Green Bean Salad ½ c Coleslaw Vinaigrette ½ c Banana (1) 1 c Milk Veg.: ½ c Hummus 1 oz Provolone (cong. Only)	2 oz Turkey 1 oz Cheese 2 WW Bread 2 oz ½ c Green Leaf Lettuce ¼ c Tomato mayo ½ c Black Bean Salad 1 c Shred Kale w/ ranch 1 c Milk Veg.: Soy beef	Greek Steak Salad (3 oz steak MA, 2 oz Pita WG, ½ c green vegt) ½ c Squash ½ c Grapes Veg.: 3 oz Egg Salad		3 oz Chicken Salad 2 oz WG Roll ¾ c Spinach Strawberry Salad w Balsamic Vinaigrette ½ c Beet Salad ½ c Honeydew 1 c Milk Veg.: ½ c Cucumber, ½ c Hummus & 1 oz Provolone			
PM SNACK	1 oz WW Crackers ¾ oz IW Cheddar Cheese	1 egg salad slider (1 oz roll, 2 oz egg salad)	1 oz Blueberry Mini Muffin ½ c Peaches	2 Oatmeal Cookies ½ c (4 oz)Vanilla Yogurt		½ c Mixed Berries ½ c Cottage Cheese			
BREAKFAST	Hot Cheesy Grits 21 ½ c Hot Grits ¼ c Shredded Cheddar ½ WG English Muffin (1 oz WG) w/ PC Jelly 1 c Melon Salad ½ c Pineapple Juice 1 c Milk	¾ c WG Crispy Rice Cereal 22 1 oz WG Toast butter 1 TBSP Almond Butter 1 medium Banana ½ c Orange Juice 1 c Milk	¾ c WG Chex Cereal 23 1 oz WG Toast butter 1 oz Cheddar Cheese 1 c Fruit Cocktail ½ c Cran-Apple Juice 1 c Milk	Hot 24 1 c Roasted Potatoes & Turkey Hash ¾ c veg 1 1/8 oz m/ma 1 WG English Muffin Butter ¼ c mandarin orange ½ c Apple Juice 1 c Milk		2 oz WG Biscuit Butter and Jelly 25 1 Hard Boiled Egg alt ½ Yogurt 1 c Honeydew ½ c Grape Juice 1 c Milk			
Hot Lunch	3 oz Korean Grilled Chicken ½ c Bok Choy ½ c Asian Cucumber Salad 1 c WG Macaroni Salad (2 oz WG) ½ c Pineapple 1 c Milk Veg.: 3 oz chick strips	1 ¼ c Chicken Pot Pie 3 oz chicken, ½ c Carrots & Peas 2 oz WG Biscuit ½ c Steamed Greens ½ c Fruit Cocktail 1 c Milk Veg: Chix Strips Pot Pie	3 oz Grilled Pollock (3 oz m/ma) 1 oz WG Roll w Butter ½ c WG Rice Pilaf (1 oz grain) 1 c Italian Roasted Broccoli ½ c Cannellini Beans ½ c Mandarin Orange 1 c Milk Veg: 3 oz sliced Cheeses	3 oz Steak Rice and Black Beans 2 oz WG Tortilla ½ c Cauliflower ½ c Pico de Gallo ½ c Cinnamon Baked Apple 1 c Milk Veg.: 3 oz Veggie Patty		2 Oven Fried Chicken Legs 3 oz 2 oz WG Combread ½ c Creole Style Black Eyed Peas ½ c Green Beans ½ c Watermelon 1 c Milk Veg.: 3 oz Vegetarian Patty			
Cold Lunch	2 c Arugula Lemon Pesto Pasta Salad (.5 c dark green(spinach), .5 c other veg, 3 oz WG, ½ c cannellini beans) ½ C Caprese 1 Banana 1 c Milk Veg.: Same	2 c Sesame Asian Noodle Bowl 3 oz m/ma, ½ c vegetables, 2 oz WG ½ c Cucumber & Radish Salad ½ c Mango 1 c Milk Veg.: 2 c Sesame NoodleTofu Bowl	3 oz Tuna Salad 2 oz WG Roll 1 c Tossed Green Salad w Italian ½ c Pickled Beets ½ c Watermelon Sept/Oct Cantaloupe Nov/Dec 1 c Milk Veg.: 1 Powerhouse Wrap ¾ c Black Beans , 2 WW Tortilla (6 in 2.6 oz)	¾ c Barbecue Chicken Salad 3ozm/ma 2 oz WG Corn Muffin 1 c Mixed Greens Lettuce w Honey Mustard ½ c Cherry Tomato & Cuke ½ c Grapes 1 c Milk Veg: Chix Strip Salad w/ BBQ Sauce		3 oz Egg Salad 2 oz WG Roll ½ c Marinated Vegetable Salad 1 c Shredded Kale w herb Balsamic ½ c Cantaloupe 1 c Milk Veg.: Same			
PM SNACK	½ WG English Muffin 2 TBSP Sunbutter	½ c Pineapple Tidbits 1 oz WG Goldfish	1 chic salad slider (2 oz chx salad, 1 oz slider)	.9 oz Mini Muffin ½ c Tropical Fruit Salad Pineapple Papaya		½ c Vanilla Yogurt ½ c frozen berries			

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
BREAKFAST	Hot 2 WG Waffles & Syrup 1 oz LS Turkey Sausage 1 c Pears ½ c Pineapple Juice 1 c Milk	28	29	¾ c WG Bran Flake Cereal 1 oz WG Toast butter 1 TBSP SunButter 1 c Fruit Cocktail 1 medium Banana 1 c Milk	30	Hot 1 Egg patty 2 WG English Muffin 2oz Butter 1 c Baked Apple ½ c Orange Juice 1 c Milk	31	
	6 Swedish Meatballs 3 oz beef ½ c WG Egg Noodles 1 oz WW Dinner Roll Butter ½ c Beets ½ c Cauliflower 1 Banana 1 c Milk							
	Hot Lunch							
	Veg.: Vegetarian Soy Meatballs							
Cold Lunch	Chicken Caesar Salad 3oz Chicken Strips 2 oz WG Apple Muffin 1 c Caesar Field Greens Salad W Caesar Dressing ½ c Fresh Green & Red Pepper Strips ½ c Tropical Fresh Fruit Salad 1 c Milk		29	3 oz Honey Balsamic Chicken Breast 2 oz WG Roll w Butter ½ c Grilled Butternut Squash ½ C Roasted Rosemary Potatoes ½ c Pineapple 1 c Milk	30	1 ½ c Chicken Farfalle Pasta With Green Peas (3 oz chicken, ¾ c wg farfalle, ½ c pea) ½ c Sautéed Kale with Garlic 1 oz WG Dinner Roll w Margarine ¾ c Apple Cobbler 1 c Milk	31	
	Veg.: 3 oz Chix Strips							
	Hot Lunch							
	Veg.: 3 oz Grilled Chix Strips							
Cold Lunch	Ranch Hand Lunch 2 Eggs 1 oz Cheese 2 oz WG Bran Muffin ½ c Cowboy Caviar ½ c Carrot Raisin Salad ½ c Watermelon 1 c Milk		29	3 oz Asian Chicken Salad 2 oz WG Corn Muffin ½ c Asian Cucumber Salad ½ c Red Bean Salad ½ c Honeydew 1 c Milk	30	1 ½ c Tropical Bean Salad 2.25 m/ma (w lettuce) 5/8 c veg 3/8 c Fruit 2 (1 oz) WW Bread Butter 1 c Lettuce ½ c Grapes 1 c Milk	31	
	Veg.: 3 oz Chix Strips							
	Hot Lunch							
	Veg.: Same							
PM SNACK	1 oz Cheddar Cheese 1 oz Mini Muffin		29	4 Squares Graham Crackers (1 oz) ½ c Tootie Fruity Chip Dip	30	½ Pint Milk 1 c WG Chex Cereal (1 oz)	31	