



VDA ADHC SENIOR CENTER – NOVEMBER MENU 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					1 3 oz WG Bran Muffin Butter 1 Hard Boiled Egg alt ½ c Yogurt ½ c 100% Cran-Apple 1 c Melon Salad 1 c Milk
Hot Lunch					1 c Beef Pad Thai over 3oz M/MA & ½ c Vegetables 1 c WG Linguini Noodles ½ c Broccoli ½ c Banana 1 c Milk Veg: Tofu Pad Thai
Cold Lunch					8 oz Yogurt 1 oz String Cheese 2 oz WG Blueberry Muffin ½ c Italian Tomato Salad 1 c Field Greens Salad w Italian ½ c Peaches 1 c Milk Veg.: Same
SNACK					1oz Blueberry Mini Muffin ½ c Apricots
BREAKFAST	Hot ½ c WG Oatmeal ½ c WG English Muffin butter 1 oz Cheddar cheese 1 c Diced Peaches ½ c Pineapple Juice 1 c Milk 4	2 oz WG Bagel 1 oz Swiss Cheese butter ½ c Orange Juice 1 c Fruit Salad 1 c Milk 5	3 oz Breakfast Pizza (2 oz MA, 2 oz grain) ½ c Cran Apple Juice 1 medium Banana, ¼ c raisins 1 c Milk 6	Hot waffle & chicken 2 Chicken Tenders 2 WG Waffles (2.28 oz) Syrup 1 c Pears ½ c Prune Juice 1 c Milk 7	8 3 oz WG Blueberry Muffin Butter 1 Hard Boiled Egg alt ½ c Yogurt ½ c Apple Juice 1 c Cantaloupe 1 c Milk
Hot Lunch	2 Oven Fried Chicken Legs 3oz 2 oz Cornbread WG ½ c Black Eyed Peas ½ c Brussels Sprouts 1 c Apple Slices (4-6) 1 c Milk Veg: 3 Chickenless Nuggets* w Ketchup	3 oz Meatloaf ½ C Mashed Potatoes w/ Gravy 2 oz WG Corn Muffin w Butter ½ c Sautéed Collard Greens 1 Banana 1 c Milk Veg.: Vegetarian Chili	1 c Turkey Tetrazzini (3 Ma, 2 oz WG) ½ c Broccoli ½ c Lima Beans ½ c Melon Salad 1 c Milk Veg.: 3 oz Chix Strips	3 oz Breaded Fish Filet 2.5 oz m/ma 1 oz grain / Tartar Sauce 2 oz WG Bun ½ c Steamed Kale ½ c Roasted Pumpkin ½ c Cinnamon Baked Apple 1 c Milk Veg : Vegan Fish	3 oz Lemon Chicken ½ c Wild Rice 1 oz WG Roll w/ Butter ½ c Green Beans ½ c Zucchini ¼ c Cherry Cobbler 1 c Milk Veg.: Vegan Strips
Cold Lunch	1 Powerhouse Wrap ¾ c Black Beans 3 oz m/ma, 2 WW Tortilla (6 in 2.6 oz) ½ c Celery & Parsley Salad ½ c Creamy Dill Cucumber Salad ½ c Grapes 1 c Milk Veg.: Same	2 oz Turkey 1 oz Swiss Mustard 2 oz WG Bun ½ c Lettuce, ¼ c Tomato mustard ½ c Zucchini & Tomato Salad ½ c Pineapple Carrot Salad 1 c Milk Veg.: ½ c Fresh Mozzarella, Cucumbers, Lett. & Tom. & Balsamic Vinaigrette	½ c Cottage Cheese 1 oz String Cheese 2 oz WG Roll w/ Butter 1 C Field Green Salad w/ Ranch ½ c Grapes 1 c Milk Veg.: Same	2 c Sesame Asian Noodle Bowl 3 oz m/ma, ½ c vegetables, 2 oz WG ½ c Oil & Vinegar Cole Slaw ½ c Cantaloupe 1 c Milk Veg.: 3 oz Tofu	3 oz Tuna Salad 2 oz WW English Muffin 1 c Spinach Salad w Balsamic Vinaigrette ½ c Black Bean & Mango Salad 1 Banana 1 c Milk Veg.: ½ c Hummus 1 oz Provolone (cong. Only)
SNACK	½ c Mixed Berries ½ c Cottage Cheese	1 Tuna Salad Slider (1 oz roll, 2 oz tuna salad)	1 WG Biscuit w Jelly ½ c Pineapple Tidbits	½ c Peaches 1 oz mini muffin	1 oz String Cheese 8 WG Ritz Crackers

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BREAKFAST	Hot_Sunshine Taco 11 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 ** 12 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 13 1 oz WG Toast 1 TBSP Almond Butter ½ c Strawberries 1 c Apple Slices alt 1 c Applesauce 1 c Milk	Hot 14 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 15 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 <small>3 oz Beef, 2 oz WW Flour tortilla</small> 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 <small>(3 oz steak MA, 2 oz Pita WG, ½ c green vegt)</small> 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
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 18 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 19 1 oz WG Toast butter 1 TBSP Almond Butter 1 medium Banana ½ c Orange Juice 1 c Milk	¾ c WG Chex Cereal 20 1 oz WG Toast butter 1 oz Cheddar Cheese 1 c Fruit Cocktail ½ c Cran-Apple Juice 1 c Milk	Hot 21 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 22 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 <small>3 oz chicken, ½ c Carrots & Peas</small> 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 Mandarin Oranges 1 c Milk Veg.: 3 oz Vegetarian Patty
Cold Lunch	2 c Arugula Lemon Pesto Pasta Salad <small>(.5 c dark green (spinach), .5 c other veg, 3 oz WG, ½ c cannellini beans)</small> ½ C Caprese 1 Banana 1 c Milk Veg.: Same	2 c Sesame Asian Noodle Bowl <small>3 oz m/ma, ½ c vegetables, 2 oz WG</small> 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 Cantaloupe 1 c Milk Veg.: 1 Powerhouse Wrap <small>¾ c Black Beans, 2 WW Tortilla (6 in 2.6 oz</small>	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	
25		26		27		28		29	
BREAKFAST	Hot 2 WG Waffles & Syrup 1 oz LS Turkey Sausage 1 c Pears ½ c Pineapple Juice 1 c Milk	¾ c WG Bran Flake Cereal 1 oz WG Toast butter 1 TBSP SunButter 1 c Fruit Cocktail 1 medium Banana 1 c Milk	MYO Parfait 8 oz Fruited Yogurt ½ c Nut free Granola 1 c Mixed Berries ½ c Cran-Apple Juice 1 c Milk						
	Hot Lunch 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 Veg.: Vegetarian Soy Meatballs	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 Veg.: 3 oz Grilled Chix Strips	Thanksgiving Menu 3 oz Sliced Turkey & Gravy ½ c Cornbread Stuffing 1 oz WG Dinner Roll 1/2 c Sweet Potato / Marshmallows ½ c Green Beans Casserole ¼ c Cranberry Sauce ½ c Fresh Fruit Salad 1 c Milk Veg: 5 Chix Nuggets						
	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 Veg.: 3 oz Chicx Strips	Ranch Hand Lunch 2 Eggs 1 oz Cheese 2 oz WG Bran Muffin ½ c Cowboy Caviar ½ c Carrot Raisin Salad ½ c Mandarin Oranges 1 c Milk Vege-: Same	3 oz Sliced Turkey 2 oz WW Roll (Hamburger Bun) ½ c Ambrosia Salad 1 c Tossed Salad w dressing pc ½ c Grapes 1 c Milk Veg: 3 oz Fresh Mozzarella Cheese						
PM SNACK 1 oz Cheddar Cheese 1 oz Mini Muffin	4 Squares Graham Crackers (1 oz) ½ c Tootie Fruity Chip Dip	½ Pint Milk 1 c WG Chex Cereal (1 oz)							