


VDA ADHC SENIOR CENTER – APRIL MENU 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		1 c WG Crispy Rice Cereal 1 WG Toast 1 oz Butter 1 TBSP sun Butter 1 c Pineapple Juice 1 Medium Banana 1 c Milk	2 oz WG Bagel W Cream Cheese pc 1 oz cheese ½ c Cran Apple Juice 1 c Grapes alt ½ c Applesauce 1 c Milk	Hot Egg Sandwich 1 WG Egg Sandwich 1 oz m/ma 1 Muffin 2oz 1 c Pineapple ½ c Orange Juice 1 c Milk	3 oz WG Bran Muffin Butter ½ c Yogurt ½ c 100% Cran-Apple 1 c Melon Salad 1 c Milk
Hot Lunch		Chicken and Waffles 3 oz chicken tender 2 oz WG Waffle w/ syrup ½ c Steamed Spinach ½ c Peas ½ c Blueberries & Strawberries 1 c Milk Veg: Vegan Chicken	Barbacoa Beef Street Tacos <small>(2 tacos and ¼ cup cauliflower rice provide 2 ½ oz eq meat/meat alternate, 1 ¼ oz eq grains, ¼ cup other vegetable, ¼ cup red/orange vegetable, ¼ cup additional vegetable.</small> 2 WG Tortillas 1 oz cheddar shredded cheese ½ c pico de gallo ½ c Refried Beans (1/2 c Veg) ½ c Tropical Fruit Salad 1 c Milk Veg: black bean tacos	2 Oven Fried Chicken Legs 3 oz 2 oz WG Biscuit w Butter ½ c Roasted Cauliflower ½ c Black Eyed Peas ½ c Honeydew 1 c Milk Veg: 3 oz Vegan Nuggets	3 oz Breaded Pollock ½ c WG Wild Rice 1 oz WG roll w/ butter ½ c Steamed garlic Kale ½ c Coleslaw ½ c Pineapple 1 c Milk Veg: - Vegan Fish Patty
Cold Lunch		3 oz Beef Kale Caesar Wrap 2 oz WG Wrap <small>(3 oz MA, 2 oz grain, ½ c dark green)</small> ½ c Potato Salad ¾ c Fruited Jello Salad 1 c Milk Veg: chix strips	Spinach Strawberry Feta Salad <small>(1 c spinach, ½ cup strawberries, feta, raspberry vinaigrette)</small> 3oz Chicken 2 oz WG Roll w/butter ½ c Mango 1 c Milk Veg: 3 oz Chicx Strips	3 oz Grilled Chicken w Mayo 2 (1 oz) MG Sprouted Bread Chef's line (8241634) ½ c Lettuce ¼ c Tomato ½ c Potato Salad ½ c Watermelon 1 c Milk Veg: 1 Powerhouse Wrap	2 c Roasted Vegetable Pasta Salad w/ ranch dressing <small>(1/4 c red/orange, ¼ c dark green, 1 oz grain)</small> 2 oz Fresh Mozzarella 1 oz Tortilla Chips ½ c Mediterranean Chickpea Salad 1 Banana 1 c Milk Veg. Same
SNACK		1 oz WG Oyster Crackers ½ c (4 oz) Yogurt	1 oz WW Wheat Crackers ¾ oz IW Cheddar Cheese	4 squares Graham Crackers ½ oz ½ c apple juice	1oz Strawberry Mini Muffin ½ c Apricots
BREAKFAST	Hot ½ c WG Oatmeal ½ WG English Muffin butter 1 oz Cheddar cheese 1 c Diced Peaches ½ c Pineapple Juice 1 c Milk	2 oz WG Bagel 1 oz Swiss Cheese butter ½ c Orange Juice 1 c Fruit Salad 1 c Milk	3 oz Breakfast Pizza (2 oz MA, 2 oz grain) ½ c Cran Apple Juice ½ c Honeydew 1 Medium Banana, 1 c Milk	Hot waffle & chicken 2 Chicken Tenders 1 WG French Toast 2.5oz & Syrup 1 c Pears ½ c Prune Juice 1 c Milk	3 oz WG Blueberry Muffin Butter ½ c Yogurt ½ c Apple Juice 1 c Cantaloupe 1 c Milk
Hot Lunch	3 oz Chicken & Gravy 1 c Stuffing 2 oz grains ½ c Carrots ½ c Mushrooms ½ c Pear 1 c Milk Veg: 3 oz Vegetarian Patty	2 Cup Jambalaya <small>(2 oz M/MA, ½ c veg-peppers, onions, tomatoes, 2 oz grain)</small> 1 oz String Cheese ½ c Okra ½ c Mango 1 c Milk Veg: 2 cup chick stick jambalaya 1 ox cheese	Stuffed peppers <small>(2 oz M/MA w/ 1 oz cheese)</small> 2oz Cornbread 1 Broccoli Bites ½ c Italian Blend #6333256 <i>zucchini, carrots, cauliflower, lima beans, green beans</i> ½ c Strawberries 1 c Milk Veg: stuffed peppers with beans	3 oz Salisbury Steak w/ mushroom gravy 2 oz WG Roll w. Butter ½ c Smashed Red Potatoes ½ c Catalina Vegetables <small>(broccoli, green beans, carrots, red peppers)</small> ½ c Clementine Veg: 3 oz vegetarian patty	1.5 C Chickpea Masala <small>(Legumes as Meat Alternate: 3 oz equivalent meats/meat alternates, 1/2 cup additional vegetables, ¼ cup red/orange vegetables, 1/8 cup fruit)</small> 1 c Jasmine Rice ½ c Broccoli ½ c Pineapple alt Watermelon 1 c Milk Veg: Same
Cold Lunch	1 ½ c Kale/Spinach Salad 1 c Spinach/Kale , ½ c other Herb Vinaigrette 3 oz Sliced Turkey mayo 2 oz WG Roll 1 Banana 1 c Milk Veg: 1 oz cheese, 2 eggs	1 ½ c Tropical Bean Salad 2.25 <i>m/ma (w lettuce)</i> 5/8 c veg 3/8 c <i>Fruit</i> 2 oz WW wrap 1 c Romaine Lettuce ½ c Tropical Fruit Salad 1 c Mil Veg: Same	1 1/3 c BBQ Chicken Salad 3 oz <i>Chicken</i> , 1c <i>Lettuce</i> , ½ c <i>Tomato</i> 2 oz WG Bun ½ c Southwest Corn Salad ½ c Mandarin Orange 1 c Milk Veg: 3 oz sliced cheeses	3 oz Asian Chicken Salad 2 oz WG Roll w butter ½ c Asian Edamame Salad ½ c Asian slaw ½ c Grapes 1 c Milk Veg: 3 oz Chicks Strip	8 oz Yogurt 1 oz Cheddar cheese 2 oz WG Blueberry Muffin ½ c Italian Tomato Salad 1 c Field Greens Salad w Italian ½ c Fresh Fruit Salad 1 c Milk Veg: Same
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 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	15 ½ c Strawberry Yogurt 1 oz m/ma 1 Muffin 2 oz 1 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ½ c Orange Juice 1 c Milk	16 1 c WG Kix Cereal 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	18 2 oz WG Biscuit Honey & Butter ½ c Yogurt 1 c Cantaloupe ½ c Cranberry Juice 1 c Milk
Hot Lunch	3/8 c (3 oz) Sloppy Turkey Joe 2 oz WG Bun ½ c Peas ½ c Carrots ½ c Waldorf Salad 1 c Milk Veg: 3 oz Vegetarian Patty	1 c Sweet & Spicy Beef “Stir-fry” 3 ozm/ma, ½ c vegg(peppers, onions) 1 c WG Rice ½ c Green Beans 1 Mandarin Oranges 1 c Milk Veg: 3 oz Tofu „Stir fry“	1 ¼ c Macaroni & Cheese 1 ½ oz Cheese , 1 c WG noodles 7.1 oz ½ c Vegetarian Baked Beans ½ c Zucchini Salad ½ c Stewed Tomatoes ½ c Grapes 1 c Milk Veg: Same	3 oz Jerk Chicken 1 c Caribbean Yellow Rice ½ c Caribbean Callaloo ½ c Caribbean Curry Beans ½ c Banana 1 c Milk Veg: Vegan Chicken	1 ¼ c Vegetarian Lasagna 2ozm/ma, ½ c noodles (1 oz grain) 1 oz Garlic Bread 1 oz String Cheese 1 c Broccoli & Cauliflower ½ c Cantaloupe 1 c Milk Veg: Same
Cold Lunch	Chef Salad 3 oz Protein (½ oz Swiss Cheese, 1 ½ oz Roast Beef)/1 Egg wedged 2 oz WG Corn Muffin 1 c Mixed Greens Lettuce w Herb Vinaigrette ½ c Cherry Tomato & Cuke 1 Orange in Wedges Veg: 1 oz cheese, 2 eggs	BLT Pasta Salad (2 oz TURKEY <small>bacon, spinach, tomato, 1 oz cheddar cheese, ranch dressing, 1 oz wg rotini</small>) 1 oz WW Bun ½ c Red & Green Pepper strips w Italian ½ c Mediterranean Chickpea Salad ½ c Peach Strawberry Jello 1 c Milk Veg: 3 oz Egg Salad	Chicken Caesar Salad 3 oz chicken strips 2 oz WG Roll 1 c Caesar Salad field greens salad ½ c Carrots ½ c Fresh Fruit Salad 1 c Milk Veg: 3oz chicx strips	3 oz Tuna Salad 2 oz WW Bagel 1 c Spinach Salad w Balsamic Vinaigrette ½ c Beet Salad 1 Watermelon 1 c Milk Veg: ½ c Hummus 1 oz Provolone	1.5 c Mediterranean Quinoa Salad 3 oz Chickpeas ½ c Cucumbers ½ c Edamame chilled roasted veg salad ½ c Grape 1 c Milk Veg: Same
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/ PC Jelly 1 c Melon Salad ½ c Pineapple Juice 1 c Milk	22 1 c WG Crispy Rice Cereal 1 oz WG Toast butter 1 TBSP Almond Butter 1 medium Banana ½ c Orange Juice ½ c Mango 1 c Milk	23 1 c WG Chex Cereal 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	25 2 oz WG Biscuit Butter and Jelly ½ Yogurt 1 c Honeydew ½ c Grape Juice 1 c Milk
Hot Lunch	3 oz Yangs Teriyaki Chicken 2 oz WG Rice ½ c Garlic Mushrooms ½ c Pears ½ c Carrots 1 c Milk Veg: Chicken Strips Veg	3 oz Breaded pollock 2 oz WG Roll w/ butter ½ c Sweet potato 3/4 c Apple Crisp 1 c Field Greens w/ Balsamic Dressing 1 c Milk Veg: 3 Vegan Fish Patty	1 Cheesy Bean Burrito 3 oz Refried Beans ½ c WG Mexican Rice (1 oz grain) ½ c Corn ½ c Grapes 1 c Milk Veg: Same	2 Oven Fried Chicken Legs 3 oz 2 oz WG Corn Muffin w Butter ½ c Steamed Collards ½ c Four way veg (carrot, pea, lima) ¾ c Cherry Cobbler 1 c Milk Veg: 3 oz Chicks Tenders	3.5 oz Meatloaf (beef) 2 oz WG Biscuit ½ c Mashed Potatoes ½ c Creamed Spinach ½ c Watermelon 1 c Milk Veg: 3 oz soy beef strips
Cold Lunch	Spinach Strawberry Salad w Balsamic Vinaigrette (3oz Grilled Chicken, 1 cup Spinach , ½ c Strawberries 2 oz WG roll w/ Butter ½ c Cucumbers ½ c Carrot raisin salad Veg: Same w/ Chix Strips	3 oz Grilled Chicken Mayo 2 oz WW Bun ½ c Red & Green Pepper Strips ½ c Mixed Bean Salad 1 Banana 1 c Milk Veg: 3 oz Chix patty	1 c Pesto Pasta Salad 3 oz chicken 1 c Field Greens w Italian ½ c Berry Salad ½ c Fresh zucchini w/ Ranch 1 c Milk Veg: Same w/ 3 oz cheese	Taco Salad 1 c romaine /1 oz Baked Tostitos 1 oz WG Tortilla 2 oz Ground Beef 1 oz Shredded Cheese ½ c Marinated Black Bean Salad ½ c Peaches Veg: Same sub Black Beans	2 oz Roast Beef 1 oz Cheese 2 SI WW Bread 2 oz mayo ½ c Cole Slaw ½ c Italian Tomato Salad ½ c Fresh Fruit Salad 1 c Milk Veg: 1 Black Bean Powerhouse
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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BREAKFAST	<p>Hot 28</p> <p>1 WG French Toast 2.5oz & Syrup 1 oz LS Turkey Sausage 1 c Pears ½ c Pineapple Juice 1 c Milk</p>	<p>29</p> <p>1 c WG Kix 1 oz WG Toast butter 1 TBSP SunButter 1 c Fruit Cocktail 1 medium Banana 1 c Milk</p>	<p>30</p> <p>MYO Parfait 8 oz Fruited Yogurt 1 Muffin 2oz 1 c Mixed Berries ½ c Cran-Apple Juice 1 c Milk</p>		
Hot Lunch	<p>3 oz Chicken in Orange Sauce Yangs 1 c WG Rice ½ c Bok Choy ½ c Cauliflower ½ c Pineapple 1 c Milk</p> <p>Veg: 3 oz chix strips in orange sauce</p>	<p>Bombay Coconut Meatball Bowl (1 cup brown rice (2 WG), 4 meatballs (3 ma), ½ c sauce) ½ c Squash ½ c Peas ½ c Pear 1 c Milk</p> <p>Veg: Vegan Beef</p>	<p>1.5 c Chicken Pasta Bake with White Sauce (3 oz M/MA, 1.5 oz WG) 1 oz WG Roll ½ c Steamed Kale ½ c Mushrooms ½ c Pear 1 c Milk Veg: Chix Strips</p>		
Cold Lunch	<p>3 oz Egg Salad 2 oz WW Bread 1 c Spinach Salad w Italian Dressing ½ c Beet Salad 1 Banana 1 c Milk</p> <p>Veg: same</p>	<p>Thai Chili and Garlic Walnut Whole Grain Noodle Salad (2 oz M/MA, 2 oz WG, ½ c veg) 1 oz String Cheese ½ c Edamame ½ c Orange 1 c Milk</p> <p>Veg: 3 oz Chix Strips</p>	<p>2 oz Turkey Breast 1 oz Cheddar Cheese 2 oz WG Wrap ½ c Black bean and corn salad ½ c Coleslaw ½ c Peaches 1 c Milk Veg: 3 oz cheese or 2 oz cheese 1 oz hummus</p>		
SNACK	<p>1 oz Cheddar Cheese 1 oz Mini Muffin</p>	<p>4 Squares Graham Crackers (1 oz) ½ c Tootie Fruity Chip Dip</p>	<p>½ Pint Milk 1 c WG Chex Cereal (1 oz)</p>		