


VDA ADHC SENIOR CENTER – JULY MENU 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Hot 2 WG French Toast (2 oz) w Syrup 1 oz LS Turkey Sausage 1 c Diced Peaches ½ c Grape Juice 1 c Milk	¾ c WG Chex Cereal 1 WG Toast 1 oz Butter 1 TBSP Peanut Butter ½ c Pineapple Juice ¼ c Raisins 1 Medium Banana 1 c Milk	2 oz WG Bagel W Cream Cheese pc 1 TBSP peanut butter ½ c Tomato Juice ½ c Grapes alt ½ c Applesauce 1 c Milk		3 oz WG Bran Muffin Butter 4 oz Yogurt ½ c 100% Cran-Apple 1 c Melon Salad 1 c Milk
Hot Lunch	3 oz Grilled Pollock ½ c Red Roasted Potatoes Wedges 2oz WG Bun ½ c Steamed Kale ½ c Carrots ½ c Blueberry Cobbler 1 c Milk Veg: 3 oz Vegetarian Patty	1.5 c Spaghetti & Meat Sauce 3 oz m/ma, 1.5 oz grain ½ c Broccoli ½ c Sauteed Summer Squash ½ c Tangerine 1 oz WG Roll w/ butter 1 c Milk Veg: Spaghetti w/ Cheese	Creamy Chicken Enchiladas 2 oz m/ma, 2 oz grain eq. WG Tortilla ½ c Refried Beans (1 m/ma) ½ c Sauteed Mushrooms w/ onions ½ c Cauliflower ½ c Melon Cup 1 c Milk Veg: Chicx Strips Enchiladas		Chicken and Waffles (2 oz WG waffle, 3 oz chicken tender) ½ c Honey Roasted Carrots ½ c Breakfast Hashbrowns ½ c Blueberries 1 c Milk Veg: 3 oz Chicx Strips
Cold Lunch	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 Tropical Fruit Salad 1 c Milk Veg: Same	Asian Chop Salad w/ Chicken) (2 oz chicken, 1 oz edamame(m/ma), ½ c dark green vegt, ¼ c red/orange vegt, ¼ c other vegt) 2 oz WW Nan Bread 1 Banana 1 c Milk Veg Same w. chick strips	Beef Teriyaki Wrap 3 oz meat/meat alternate, 2 oz grain equivalent, and 1/2 cup other vegetable 2 oz WG Wrap ½ c Bean Salad ½ c Grapes 1 c Milk Veg: 3 oz beefless strips		½ c Cottage Cheese 2 oz m/ma 1 oz String Cheese 2 oz WG English Muffin ¾ c Lentil Salad ½ c Beet Salad ½ c Fresh Peach 1 c Milk Vegetarian: Same
PM SNACK	1 WG Biscuit Jelly ½ c Tropical Fruit Salad (Pineapple Papaya Guava)	1 oz WG Oyster Crackers ½ c (4 oz)Yogurt	1 oz WW Wheat Crackers ¾ oz IW Cheddar Cheese		1 oz Blueberry Mini Muffin ½ c Apricots
BREAKFAST	Hot ½ c WG Oatmeal ½ WG English Muffin butter 1 oz Cheddar cheese 1 c Mixed Berries ½ c Pineapple Juice 1 c Milk	2 oz WG Bagel w Butter 1 oz Swiss Cheese ½ c Orange Juice 1 c Fruit Salad 1 c Milk	¾ c WG Bran Flakes 1 oz WG Toast Butter 1 TBSP Peanut Butter ½ c Cran Apple Juice 1 medium Banana, ¼ c raisins 1 c Milk	Hot ¼ c Scrambled Eggs 2 c WG Pancakes (2.28 oz) Syrup 1 c Peaches ½ c Prune Juice 1 c Milk	3 oz WG Blueberry Muffin Butter 4 oz yogurt ½ c Apple Juice 1 c Cantaloupe 1 c Milk
Hot Lunch	1.5 c Chicken Tikka Masla 3 oz chicken, 2 oz tikka sauce 1 c Basmati Rice ½ c Sauteed Spinach ½ c Ginger Cauliflower ½ c Mandarin Orange 1 c Milk Veg: 3 oz Lentils	3 oz Beef Pot Roast w/ au jus sauce 2 oz Cornbread ½ c Broccoli ½ c Scalloped Potatoes ½ c Pineapple 1 c Milk Veg : Vegan Beef Strips	2 c Chicken Spinach Alfredo Bake (3 oz M/MA, 1 oz grain) 1 oz WG Biscuit w Butter ½ c Roasted beets ½ c Italian Vegetables ½ c Strawberries 1 c Milk Veg: 3 oz Chicx strips	3 oz Oven Roasted Haddock ½ c WG Quinoa 1 oz Dinner Roll w Butter ½ c Baked Beans ½ c Kale ¾ c Cherries 1 c Milk Veg: Vegan Fish Patty	1 ¼ c Vegetarian Lasagna 3ozm/ma, ½ c noodles (1 oz grain) 1 oz Garlic Bread 1 c Broccoli & Cauliflower ½ c Tangerine 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 w butter 1 c Mixed Greens Lettuce w Herb Vinaigrette ½ c Cherry Tomato & Cuke 1 Orange in Wedges 1 c Milk Veg: 1 oz cheese, 2 eggs	Pasta Salad 1 oz 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	2 oz Turkey Mayo 2 oz Roll 1 c Field Greens w/ Ranch ½ c Mediterranean Chickpea Salad ½ c Watermelon 1 c Milk Veg: ½ c Fresh Mozzarella, Cucumbers, Tomato & Balsamic Vinaigrette	½ c Cottage Cheese 1 oz String Cheese 2 oz WG English Muffin 1 c Field Salad w/ Ranch ½ c Tomato Balsamic Salad ½ c Mango 1 c Milk Veg: Same	3 oz Mild Buffalo Ranch Chicken Salad 2 oz WW English Muffin 1 c Spinach Salad w Balsamic Vinaigrette ½ c Beet Salad 1 Honeydew 1 c Milk Veg: ½ c Hummus 1 oz Provolone
PM SNACK	½ c Mixed Berries ½ c Cottage Cheese	½ c Fruited Yogurt 1 oz WG Granola	1 WG Biscuit w Jelly ½ c Pineapple Tidbits	½ c Peaches 1 oz mini muffin	1 oz String Cheese 8 WG Ritz Crackers

VDA ADHC SENIOR CENTER – JULY MENU 2024

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Hot 29 2 WG Waffles & Syrup 1 oz LS Turkey Sausage 1 c Pears ½ c Pineapple Juice 1 c Milk	30 ¾ c WG Bran Flake Cereal 1 oz WG Toast butter 1 TBSP Peanut Butter 1 c Fruit Cocktail 1 medium Banana 1 c Milk	31 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	3 oz Grilled Pollock ½ c Red Roasted Potatoes Wedges 2oz WG Bun ½ c Steamed Kale ½ c Carrots ½ c Blueberry Cobbler 1 c Milk Veg: 3 oz Vegetarian Patty	1.5 c Spaghetti & Meat Sauce 3 oz m/ma, 1.5 oz grain ½ c Broccoli ½ c Sautéed Summer Squash ½ c Tangerine 1 oz WG Roll w/ butter 1 c Milk Veg: Spaghetti w/ Cheese	Creamy Chicken Enchiladas 2 oz m/ma, 2 oz grain eq. WG Tortilla ½ c Refried Beans (1 m/ma) ½ c Sautéed Mushrooms w/ onions ½ c Cauliflower ½ c Melon Cup 1 c Milk Veg: Chicx Strips Enchiladas		
Cold Lunch	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 Tropical Fruit Salad 1 c Milk Veg: Same	Asian Chop Salad w/ Chicken) (2 oz chicken, 1 oz edamame(m/ma), ½ c dark green vegt, ¼ c red/orange vegt, ¼ c other vegt) 2 oz WW Nan Bread 1 Banana 1 c Milk Veg Same w. chick strips	Beef Teriyaki Wrap 3 oz meat/meat alternate, 2 oz grain equivalent, and 1/2 cup other vegetable 2 oz WG Wrap ½ c Bean Salad ½ c Grapes 1 c Milk Veg: 3 oz beefless strips		
PM SNACK	1 oz Cheddar Cheese .9 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)		