

# VDA ADHC SENIOR CENTER – FEBRUARY MENU 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<b>3</b> Sunshine Taco ¼ c Egg & Cheese, 6 inch WG Flour Tortilla 1 oz WG Toast Butter 1 c Tropical Fruit Salad Pineapple Papaya 1 c <b>Cranberry Juice</b> 1 c Milk	<b>4</b> ¾ c WG Crispy Rice Cereal 1 oz WG Toast butter 1 TBSP Almond Butter 1 medium Banana 1 c <b>Peaches</b> 1 c Milk	<b>5</b> 3 oz WG Blueberry Muffin Butter ½ c Yogurt 1 Banana ½ c <b>Apple Juice</b> 1 c Milk	<b>6</b> Breakfast Pizza 2 oz WW pita, ¼ c Tomato Sauce 1 oz shredded Mozzarella ¼ c Cantaloupe ½ c <b>Orange Juice</b> 1 c Milk	<b>7</b> Mango Smoothie Bowl 1 oz m/ma 2 oz WG Toast Butter 1 c Honeydew ½ c <b>Grape Juice</b> 1 c Milk
<b>Hot Lunch</b>	Italian Spaghetti 3 oz beef, 2 oz Mozz cheese ½ c WG Noodles 1 oz Garlic Bread ½ c Green Beans ½ c Yellow Squash ½ c Fruit Salad 1 c Milk <b>Veg. Soy Beef 3 oz</b>	3 oz Yangs Lemongrass Chicken ¾ c <b>WG Fried Rice</b> (Peas and Carrots) 1 oz WG Roll w Butter ½ c <b>Bok Choy</b> ½ c Seasoned Carrots ½ c <b>Pear</b> 1 c Milk <b>Veg. Chix Strips or Tofu</b>	4 oz Meatloaf & Gravy 2 oz <b>WG Biscuit</b> w Butter ½ c Roasted broccolini ½ c Mashed Potatoes ¾ c Peach cobbler 1 c Milk <b>Veg. Soy Beef</b>	1 c chicken Pad Thai over 1 c <b>WG Linguini</b> Noodles ½ c Asian vegetable blend ½ c Pineapple 1 c Milk <b>Veg. Chix Strips</b>	3 oz Breaded Fish <i>Filet 2.5 oz m/ma 1 oz grain / Tartar Sauce</i> 2 oz <b>WG Bun</b> ½ c <b>Steamed Kale</b> ½ c <b>Roasted Pumpkin</b> ½ c Cinnamon Baked Apple 1 c Milk <b>Veg: Same</b>
<b>Cold Lunch</b>	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 <b>Veg. 3 oz Chickpeas</b>	2 oz Turkey 1 oz Cheese 2 SI <b>WW Bread</b> 2 oz mayo ½ c Cole Slaw ½ c Italian <b>Tomato</b> Salad ½ c Fresh Fruit Salad 1 c Milk <b>Veg: 1 Black Bean Powerhouse</b>	1 c Pesto Pasta Salad 2 oz Grain 3 oz chicken 1 c Field Greens w Italian 1/2 c Yogurt parfait ½ c Steamed Baby Carrots w/ Ranch 1 c Milk <b>Veg. 2 oz chickpeas, 1 oz cheese</b>	Greek Steak Salad (3 oz steak MA, 2 oz Pita WG, ½ c green vegt) ½ c <b>Squash</b> w/ Ranch ½ c Grapes 1 c Milk <b>Veg.: Soy beef</b>	½ c Cottage Cheese 1 oz String Cheese 2 oz <b>WG Apple</b> Muffin ½ c Italian <b>Tomato</b> Salad 1 c <b>Field Greens Salad</b> w Italian ½ c Fruit Compote 1 c Milk <b>Veg: Same</b>
<b>SNA CK</b>	1 WG Biscuit Jelly ½ c Cantaloupe	1 oz Soft Pretzel ¾ oz IW cheese	½ c Cucumber ½ c Hummus	2 Oatmeal Cookies ½ c Milk	½ Los Cabos CN Burrito ½ c Salsa
<b>BREAKFAST</b>	<b>10</b> 2 <b>WG Waffles</b> & Syrup 1 oz LS Turkey Sausage 1 c <b>Applesauce</b> ½ c Pineapple Juice 1 c Milk	<b>11</b> 2 oz <b>WG Bagel</b> W Cream Cheese pc 1 TBSP Sunbutter ½ c Grapes alt ½ c Applesauce 1 c <b>Pears</b> 1 c Milk	<b>12</b> ¾ c Crispy Rice Cereal 1 oz <b>WG Toast</b> w 1 TBSP Almond Butter 1 c Mixed Fruit Salad ½ c <b>Cran Apple Juice</b> 1 c Milk	<b>13</b> Breakfast Burrito <small>2 oz m/ma 1 ½ oz gr 1/8 veg</small> ½ c Salsa ½ c Hash Browns ½ c Pineapple 1 c Milk	<b>14</b> 2 oz <b>WG Blueberry</b> Muffin ½ c Yogurt 1 c <b>Honeydew</b> ½ c <b>Apple Juice</b> 1 c Milk
<b>Hot Lunch</b>	3 oz Yangs Mandarin Orange Chicken 1 c <b>WG Rice</b> ½ c <b>Broccoli</b> asian blend veg ½ c Snap Peas 1 <b>Mandarin Oranges</b> 1 c Milk <b>Veg: 3 oz Tofu „Stir fry“ 3 oz</b>	1 Oven Fried Chicken 3 oz 2 oz <b>WG Corn</b> Muffin ½ c Green Beans 1/2 C Bean Salad ¾ c <b>Peach Cobbler</b> 1 c Milk <b>Veg: 3 oz Chix Strips</b>	1.5 c Spaghetti & Meat Sauce ½ c <b>Broccoli</b> ½ c Sauteed Summer Squash ½ c Tangerine 1 oz WG Roll w/ butter 1 c Milk <b>Veg: Spaghetti with Soy Beef</b>	3 oz Chicken & Gravy ½ c Stuffing 1 oz gr 1 WG Dinner Roll & butter ½ c French Green Beans ½ c <b>Seasoned Carrots</b> ½ c Pear 1 c Milk <b>Veg: 3 oz Chix Strips</b>	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 <b>Spinach</b> 3/4 c Cinnamon Baked Apple/Cinnamon Applesauce <b>Veg: same</b>
<b>Cold Lunch</b>	3 oz Tuna Salad 2 oz <b>WW Roll</b> 1 c <b>Field Greens</b> w Italian ½ c Fruit Salad ½ c Cucumber Vinaigrette 1 c Milk <b>Veg: Same alt 3 oz sliced cheese</b>	Taco Salad 3 oz Taco Meat, 1 oz Monterey Jack, 1 oz Soft WG Tortilla 1 oz Baked Tortilla Chips 1 c Romaine, Southwest Ranch Dressing ¼ c Tomato ½ c Black Beans ½ c Mandarin Oranges 1 c Milk <b>Veg. 3 oz soy beef</b>	1 ½ c 5 a day Salad 1 c <b>Spinach/Kale</b> , ½ c other Herb Vinaigrette 3 oz Sliced Turkey mayo 2 oz <b>WG Roll</b> 1 Banana 1 c Milk <b>Veg: 1 oz cheese, 2 eggs</b>	Pasta Salad 1 oz turkey bacon, 2 oz cheddar cubes, 2 oz <b>WG Rotini</b> , 1 oz WW Roll w butter ½ c Red & Green Pepper strips w Italian ½ c <b>Red Bean</b> Salad ½ c Grapes 1 c Milk <b>Veg: 3 oz Egg Salad</b>	Mediterranean Roasted Vegetable sandwich (replace alpine lace cheese & processed cheese in recipe with feta cheese) 3 oz chicken, ½ c cucumber 2 oz Focaccia ½ c <b>Mediterranean Chickpea</b> Salad ½ cup Watermelon 1 c Milk <b>Veg: Same</b>
<b>SNACK</b>	½ c <b>Hummus</b> ½ c Cucumber	1 oz Turkey on a 1 oz <b>WG slider</b> bun	¼ oz Egg Salad on a 1 oz Slider bun	½ c Tropical Fruit Salad 1 oz String Cheese	½ c Peaches 4 Graham Crackers

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	<b>BREAKFAST</b>	17 ¾ c <b>WG</b> Scooter cereal <b>18</b> 1 <b>WG</b> Toast 1 oz Butter 1 TBSP Peanut Butter ¼ c Raisins	19 6 oz Strawberry Smoothie Bowl 3 oz <b>WG</b> Apple Muffin ½ c Tropical Fruit Salad ½ c Pineapple Juice	20 <b>Hot waffle &amp; chicken</b> 2 Chicken Tenders 1 ½ oz m/ma 2 <b>WG</b> Waffles (2.28 oz) Syrup 1 c Pears ½ c Grape Juice	21 2 oz <b>WG</b> Bagel W Cream Cheese pc 1 oz Sunbutter ½ c Grapes alt ½ c Applesauce ½ c Apple Juice
	<b>Hot Lunch</b>	3 oz BBQ Shredded Chicken 2 oz <b>WG</b> Combread w Butter 1 cup Braised <b>Greens &amp; Beans</b> ½ c Peaches 1 c Milk  <b>Veg: 3 oz Chix Strips</b>	3 oz Grilled Pollock (3 oz m/ma) 1 c <b>WG</b> Fettuccine alfredo ½ c Broccoli ½ c Italian Blend zucchini, carrots, cauliflower, lima beans, green beans ½ c Fruit Cocktail 1 c Milk  <b>Veg: Same</b>	4 oz Salisbury Steak & Country Brown Gravy 2 oz <b>WG</b> Biscuit w Butter ½ c Roasted Carrots ½ c Garlic Mashed Potatoes ¾ c Apple Cobbler 1 c Milk  <b>Veg: 3 oz Veggie Patty</b>	1 c Arroz con Pollo 2 tenderloin 3 oz m/ma ½ c Vegetables (bell pepper onion tomato) ½ c <b>WG</b> Rice 1 oz 1 oz <b>WG</b> Roll w butter ½ c Black Beans ½ c Pears 1 c Milk  <b>Veg: Vegan Arroz con Pollo</b>
	<b>Cold Lunch</b>	#6 scoop Sriracha Chickpea Salad 2 <b>WW</b> Bread 2 oz ½ c Lettuce ¼ c Tomato mayo 1 c Shredded <b>Field Greens</b> W Ranch 1 Banana 1 c Milk  <b>Veg: Same</b>	Chicken Caesar Salad 3oz Chicken Strips 2 oz <b>WG</b> Apple Muffin 1 c Romaine Lettuce W Caesar Dressing ½ c Pickled Beets ½ c Grapes  <b>Veg: 3 oz Chix Strips</b>	2 oz Turkey Breast 1 oz Swiss, 1 PC Mayo 2 oz <b>WG</b> Roll ½ c Marinated Vegetable Salad ½ c Cucumber Salad ½ c Pear 1 c Milk  <b>Veg: 3 oz sliced cheese</b>	3 oz Beef, ½ C mixed Greens, ½ C Cherry Tomatoes w/ Ranch Dressing 2 oz <b>WG</b> Roll ½ c Mediterranean Chickpea Salad ½ c Marinated Shredded Carrots, Cauliflower, Broccoli ½ c Apple Slices  <b>Veg: Soy Beef Salad</b>
	<b>SNACK</b>	1 oz <b>WW</b> 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
	<b>BREAKFAST</b>	24 2 <b>WG</b> French Toast (2 oz) Syrup 1 oz LS Turkey Sausage 1 c Diced Peaches ½ c Apple Juice 1 c Milk	25 2 oz <b>WG</b> Biscuit Honey & Butter ½ c Yogurt 1 c Mango ½ c Cranberry Juice 1 c Milk	26 ¾ c <b>WG</b> Bran Flakes 1 oz <b>WG</b> Toast Butter 1 TBSP Peanut Butter ½ c Orange Juice ¼ c raisins ½ c Melon Salad 1 c Milk	27 2 oz Scrambled Eggs 2 oz <b>WG</b> Toast w butter 1 c Tropical Fruit 1 c Medium Banana 1 c Milk
<b>Hot Lunch</b>	Korean Beef over Quinoa ½ c Quinoa, 1/3 c beef 1 oz grain 3 oz m/ma 1 oz <b>WG</b> Roll w Butter ½ c Green Beans ½ c Sweet Potato ½ c Pineapple 1 c Milk  <b>Veg: 3 oz soy beef</b>	½ c Honey Lime Chicken 2 ½ oz m/ma ½ <b>WG</b> Pita 1 oz 1 c Curried Vegetable Couscous 1 oz gr, ½ c Veg Chickpeas, Zucchini, Carrots ½ Brussel Sprouts ½ c Cinnamon Baked Apple 1 c Milk  <b>Veg: Vegan Chicken</b>	6 Swedish Meatballs 3 oz beef 1 cup <b>WG</b> Egg Noodle ½ c Beets ½ c Steamed Spinach ½ c Fruit Cocktail 1 c Milk  <b>Veg: ½ C Vegetable Meatballs w/ sauce</b>	2 c Chicken Noodle Soup 3 oz m/ma 1 oz gr 1 <b>WG</b> Wheat Roll (1 oz) Butter ½ c Black Eyed Peas ½ c Butternut Squash ½ c Orange Wedges 1 c Milk  <b>Veg: Chickstrip Soup</b>	3 oz Yangs Mandarin Orange Chicken 1 c <b>WG</b> Rice ½ c Roasted Cauliflower ½ c Steamed Greens ½ c Grapes 1 c Milk  <b>Veg: 3 oz Tofu „Stir fry“ 3 oz</b>
<b>Cold Lunch</b>	3 oz Asian Chicken Salad 2 oz <b>WG</b> Roll w butter ½ c Asian Cucumber Salad ½ c Zucchini & Tomato Salad ½ c Mandarin Oranges 1 c Milk  <b>Veg: 3 oz Chicks Strips</b>	1 ½ c Tropical Bean Salad 2.25 m/ma (w lettuce) 5/8 c veg 3/8 c Fruit 2 (1 oz) <b>WW</b> Bread Butter 1 c Romaine Lettuce (alt. field greens) ½ c Tropical Fruit Salad 1 c Milk  <b>Veg: Same</b>	1 Whole Chicken Wrap (2 Pieces) 3 oz m/ma, 2 oz <b>WG</b> ½ c Lettuce ¼ c Tomato mayo ½ c Green & Red Pepper Strips ½ c Waldorf Salad 1 c Milk  <b>Veg: ½ c Hummus 1 oz Provolone</b>	3 oz Roast Beef 1 PC Mayo 2 oz <b>WW</b> Roll 1 c Spinach Salad ½ c Cole Slaw ½ c Honeydew 1 c Milk  <b>Veg: ½ c Fresh Mozzarella, Cucumbers, Tomato &amp; Balsamic Vinagrette</b>	8 oz Yogurt 1oz String Cheese 2 oz <b>WG</b> Blueberry Muffin ½ c Italian Tomato Salad 1 c Field Greens Salad w Italian ½ c Fruit Salad 1 c Milk  <b>Veg: Same</b>
<b>SNACK</b>	1 oz <b>WW</b> Crackers ¾ oz IW Cheddar Cheese	½ c Cucumbers w/Honey Mustard Dip ¾ oz <b>WG</b> Goldfish	9 oz Blueberry Mini Muffin ½ c Peaches	½ c Mixed Berries (previously frozen) ½ c Cottage Cheese	2 Oatmeal Cookies ½ c (4 oz) Vanilla Yogurt