

## VDA ADHC SENIOR CENTER – MAY MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
BREAKFAST	<b>Hot</b> 2 WG French Toast (2 oz) Syrup 1 oz LS Turkey Sausage 1 c Diced <b>Peaches</b> ½ c Grape Juice 1 c Milk	1	¾ c WG Scooter cereal 1 WG Toast 1 oz Butter 1 TBSP <b>Sun</b> Butter ½ c Apple Juice ¼ c Raisins 1 Medium Banana 1 c Milk	2	2 oz WG Bagel W Cream Cheese pc 1 oz Cheese ½ c Pineapple Juice 1 c Grape's alt 1 c Applesauce 1 c Milk	3	<b>Hot Egg Sandwich</b> 1 WG Egg Sandwich 1 oz m/ma 1 oz gr 1 Mini Muffin .9 oz ½ c Tropical fruit, ½ c stewed prunes ½ c <b>Orange Juice</b> 1 c Milk	4	3 oz WG Bran Muffin Butter ½ c <b>Yogurt</b> ½ c 100% <b>Cran-Apple</b> 1 c Melon Salad 1 c Milk	5
Hot Lunch	Korean Beef over Quinoa ½ c Quinoa, 1/3 c beef 1 oz grain 3 oz m/ma 1 oz WG Roll w Butter. ½ c Broccoli ½ c Sweet Potato ½ c Mixed Fruit 1 c Milk <b>Veg: 2 oz Vegetarian Black Bean Burger* w Ketchup</b>		½ c Honey Lime Chicken ½ WG Pita 1 c Curried Vegetable Couscous ½ c Carrots ½ c Apple Slices /Applesauce(4-6) 1 c Milk <b>Veg: ¾ c Moroccan Chickpeas 3 oz</b>		1.5 cup Chicken Fajita Pasta (2 oz M/MA, 2 oz WG, ½ cup vegetable – red peppers, green peppers, corn) ½ c Garlic Mushrooms ½ c Sautéed Zucchini ½ c Strawberries 1 c Milk <b>Veg: 1.5 c Chix strips fajita pasta</b>		1 Stuffed Cabbage (½ C WG Rice) 1 oz Roll ½ c Squash ½ c Garden Cannellini Bean Salad ½ c Clementine 1 c Milk <b>Veg: 3 oz vegetarian patty</b>		3oz Baked Cajun Fish Fish can be too soft and breaks apart though they like it and don't remove the fish ½ c Rice Pilaf 1 oz WG Roll w Butter. ½ c Peas ½ c Italian Blend zucchini, carrots, cauliflower, lima beans, green beans ½ c Watermelon	
Cold Lunch	1 c BBQ Chicken Salad 2 oz WG Bun ½ c Southwest Corn Salad ½ c Coleslaw ½ c Tropical Fruit Salad 1 c Milk <b>Veg: BBQ Chix Strips</b>		1 ½ c Tropical <b>Bean</b> 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 Green Leafy Lettuce ½ c Cantaloupe 1 c Milk <b>Veg: Same</b>		1 ½ c 5 a day Salad 1 c <b>Spinach/Kale</b> , ½ c other Herb Vinaigrette 3 oz Sliced Turkey 1 PC Mayo 2 oz <b>WG</b> Roll 1 Banana 1 c Milk <b>Veg: 1 oz cheese, 2 eggs</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 <b>Grapes</b> 1 c Milk <b>Veg: 3 oz Chicks Strips</b>		8 oz Yogurt 1 oz String Cheese 2 oz <b>WG</b> Blueberry Muffin ½ c Italian <b>Tomato</b> Salad 1 c <b>Fresh Greens Salad</b> w Italian ½ c <b>Fresh</b> Fruit Salad 1 c Milk <b>Veg: Same</b>	
PM SNACK	1 <b>WG</b> Biscuit Jelly ½ c <b>Tropical Fruit Salad</b> Pineapple Papaya Guava		1 oz <b>WG</b> Oyster Crackers ½ c (4 oz) Yogurt		1 oz <b>WW</b> Wheat Crackers ¾ c <b>IW</b> Cheddar Cheese		4 squares Graham Crackers ½ oz ½ c <b>Cranberry Juice</b>		.9 oz Blueberry Mini Muffin ½ c <b>Apricots</b>	
BREAKFAST	<b>Hot</b> ½ c WG Oatmeal ½ WG English Muffin butter 1 oz LS Turkey Spam alt Cheddar cheese 1 c Diced <b>Peaches</b> ½ c Pineapple Juice 1 c Milk	8	2 oz WG Bagel 1 oz Swiss Cheese butter ½ c <b>Orange Juice</b> 1 c Fruit Salad 1 c Milk	9	¾ c WG Bran Flakes 1 oz WG Toast Butter 1 TBSP Peanut Butter ½ c <b>Cran Apple Juice</b> 1 medium Banana, ¼ c raisins 1 c Milk	10	<b>Hot waffle &amp; chicken</b> 2 Chicken Tenders 2 WG Waffles (2.28 oz) Syrup 1 c Pears ½ c Prune Juice 1 c Milk	11	3 oz WG Blueberry Muffin Butter ½ c <b>Yogurt</b> ½ c Apple Juice 1 c <b>Cantaloupe</b> 1 c Milk	12
Hot Lunch	1 c Broccoli Cheese & Rice Casserole (1.5 oz MMA, 1 WG oz, .05 veg) 1 oz WG Roll w Butter. 1 oz String Cheese ½ c Roasted Carrots ½ c Pineapple 1 c Milk <b>Veg: Same</b>		1 c Chicken Burrito Bowl (1 oz WG, 2 oz MMA, ¾ c veg – roasted peppers, avocado) 1 oz Pita Bread 1/2 c Elotes ½ c Pears 1 c Milk <b>Veg: 1 c Bean Burrito Bowl</b>		1 ¼ c Macaroni & Cheese 1 ½ oz Cheese, 1 c <i>WG noodles</i> 7.1 oz ½ c Vegetarian Baked Beans ½ c Cherry Tomatoes Salad ½ c Sautéed Collards ½ c Grapes 1 c Milk <b>Veg: Same</b>		3 oz Swedish Meatballs & Gravy 2 oz WG Biscuit ½ c Mashed Potatoes ½ c Creamed Spinach ½ c Peach Cobbler 1 c Milk <b>Veg: 3 oz vegetarian meatballs</b>		1.25 c Sweet Chili Tofu Asian Noodle Bowl (2 oz MMA, 2 oz grain, 1/2 c veg. Broccoli, edamame, carrots, red Pepper) ½ c Cucumber Salad ½ c Honeydew 1 c Milk <b>Veg: Same</b>	
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 ½ c Apricots 1 c Milk <b>Veg: 1 oz cheese, 2 eggs</b>		BTL Pasta Salad 1 oz <b>WW</b> Bun ½ c Red & Green Pepper strips w Italian ½ c Mediterranean Chickpea Salad 1 Orange in Wedges 1 c Milk <b>Veg: 3 oz Egg Salad</b>		2 oz Fresh Mozzarella 2 oz Pita Bread ½ c Vegetable Bruschetta 1 c Field Greens w/ Ranch ½ c Watermelon 1 c Milk <b>Veg: Same</b>		1 Powerhouse Wrap ¾ c <b>Black Beans</b> 3 oz m/ma, 2 <b>WW Tortilla</b> (6 in 2.6 oz) ½ c Celery & Parsley Salad ½ c Creamy Dill Cucumber Salad ½ c Mixed Berries 1 c Milk <b>Veg: Same</b>		3 oz Tuna Salad 2 oz <b>WW</b> English Muffin 1 c Spinach Salad w Balsamic Vinaigrette ½ c Beet Salad 1 Banana 1 c Milk <b>Veg: ½ c Hummus 1 oz Provolone</b>	
PM SNACK	½ c Mixed Berries need JDL to thaw before sending ½ c Cottage Cheese		½ c Fruited Yogurt 1 oz WG Granola		1 WG Biscuit w Jelly ½ c Pineapple Tidbits		½ c <b>Peaches</b> 0.9 oz mini muffin		1 oz String Cheese 8 WG Ritz Crackers	

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
BREAKFAST	<b>Hot</b> Sunshine Taco <span style="float: right;">15</span> ¼ c Egg & Cheese, 6-inch WG Flour Tortilla 1 oz WG Toast Butter ½ c <b>Apple Juice</b> 1 c <b>Tropical Fruit Salad</b> Pineapple Papaya Guava 1 c Milk	BREAKFAST	Yogurt Bowl ** <span style="float: right;">16</span> ½ c Plain Yogurt 1 oz m/ma ½ c WG Granola 2 oz 1 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ½ c <b>Orange Juice</b> 1 c Milk	BREAKFAST	¼ c WG Kix Cereal <span style="float: right;">17</span> 1 oz WG Toast 1 TBSP Almond Butter ½ c <b>Strawberries</b> 1 c Apple Slices <b>alt 1 c Applesauce</b> 1 c Milk	BREAKFAST	<b>Hot</b> <span style="float: right;">18</span> 2 WG French Toast (2 oz) Syrup 1 oz LS Turkey Sausage 1 c Diced Pears ½ c Grape Juice 1 c Milk	BREAKFAST	2 oz WG Biscuit Honey & Butter <span style="float: right;">19</span> ½ c <b>Yogurt</b> 1 c <b>Cantaloupe</b> ½ c <b>Cranberry Juice</b> 1 c Milk
Hot Lunch	1 c Spaghetti & Meat Sauce <span style="float: right;">2 oz m/ma, 1 oz grain</span> ½ c Garlic Mushrooms 1/2 c Italian Green Beans ½ c Pears 1 c Milk <b>Veg: Spaghetti w/ Cheese</b>	Hot Lunch	1 cup Fish Chowder (1/2 c vege (1/4 c starch, 1/8 c red/orange, 1/8 cup other, 2 oz M/MA) 2 oz WG Roll w/ butter. 3/4 c Hot Cherry Crisp 1 c Field Greens w/ Balsamic Dressing 1 c Milk <b>Veg: Same</b>	Hot Lunch	1 ¼ c Vegetarian Lasagna 3ozm/ma, ½ c noodles (1 oz grain) 1 oz Garlic Bread 1 c Steamed Broccoli & Cauliflower ½ c Tropical Fruit Salad 1 c Milk <b>Veg: Same</b>	Hot Lunch	2 Oven Fried Chicken Legs 2 oz WG Corn Muffin w Butter ½ c Steamed Collards ½ c Marinated Black Bean Salad ¾ c Cherry Cobbler 1 c Milk <b>Veg: 3 oz Chicks Tenders</b>	Hot Lunch	1 Cheesy Bean Burrito ½ c WG Rice (1 oz grain) ½ c Corn ½ c Strawberries 1 c Milk <b>Veg: Same</b>
Cold Lunch	3 oz Chicken Salad 2 oz WG Roll 1 c Field Greens w Italian ½ c Mixed Bean Salad ½ c Peaches 1 c Milk <b>Veg: ½ c Cucumber, ½ c Hummus &amp; 1 oz Provolone</b>	Cold Lunch	3 oz Grilled Chicken 2 oz WW Bun ½ C Red & Green Pepper Strips ½ c Beet Salad 1 PC Mayo ½ c Melon Salad 1 C Milk <b>Veg: 3 oz Egg Salad</b>	Cold Lunch	1 c Fruited Yogurt 1 oz String Cheese 2 oz WG Blueberry Muffin ½ c Mixed Fruit 1 Banana ½ c Clementine 1 c Milk <b>Veg: Same</b>	Cold Lunch	1 c Pesto Salad 3 oz Chicken 1 c Spinach Strawberry Salad w Raspberry Vinaigrette ½ c Fruit Salad ½ c Cucumber Vinaigrette 1 c Milk <b>Veg: Same w/ 3 oz cheese</b>	Cold Lunch	1 C Chickpea Waldorf Salad (2.25 oz M/MA, ½ c fruit, ¼ cup Dark green veg, ¼ c other vege) 2 oz Crackers ½ c Mango ½ c Broccoli Salad 1 c Milk <b>Veg: Same</b>
PM SNACK	1 oz WW Crackers ¾ oz IW Cheddar Cheese	PM SNACK	2 oz chicken salad 1 WG slider roll	PM SNACK	.9 oz Blueberry Mini Muffin ½ c <b>Peaches</b>	PM SNACK	½ c Mixed Berries (Needs to be thawed) ½ c Cottage Cheese	PM SNACK	2 Oatmeal Cookies ½ c (4 oz) Vanilla Yogurt
BREAKFAST	<b>Hot</b> Cheesy Grits <span style="float: right;">22</span> 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	BREAKFAST	¾ c WG Crispy Rice Cereal <span style="float: right;">23</span> 1 oz WG Toast butter 1 TBSP Almond Butter 1 medium Banana ½ c <b>Orange Juice</b> 1 c Milk	BREAKFAST	¾ c WG Chex Cereal <span style="float: right;">24</span> 1 oz WG Toast butter 1 oz Cheddar Cheese 1 c Fruit Cocktail ½ c <b>Cran-Apple Juice</b> 1 c Milk	BREAKFAST	<b>Hot</b> <span style="float: right;">25</span> 1 c Roasted Potatoes & Turkey Hash ¾ c veg 1 1/8 oz m/ma. 1 WG English Muffin Butter ¼ c <b>Mandarin Oranges</b> ½ c Apple Juice 1 c Milk	BREAKFAST	2 oz WG Biscuit Butter and Jelly <span style="float: right;">26</span> ½ <b>Yogurt</b> 1 c Honeydew ½ c Grape Juice 1 c Milk
Hot Lunch	1 ¼ c Beef Pot Pie (3 oz m/ma, ½ c carrots & peas) 2 oz WG Biscuit ½ c steamed kale ½ c Fruit Cocktail 1 c Milk <b>Veg: 1 ¼ c Soy Beef Protein in Pot Pie</b>	Hot Lunch	2 cup Jambalaya (2 oz M/MA, ½ c veg, 2 oz WG grain) 1 oz Corbread ½ c Green Beans ½ c Strawberries 1 c Milk <b>Veg: 2 cup chick stick jambalaya</b>	Hot Lunch	1 c Vegetarian Lentil Soup 2 ½ oz m/ma and ¼ c vegetable 14 (2 oz) WG Triscuit type Cracker ½ c Carrots ½ c Steamed Collard Greens ½ c Tropical Fruit Salad 1 c Milk <b>Veg: Same</b>	Hot Lunch	2 Oven Fried Chicken Leg 2 oz WG Biscuit w Butter ½ c Roasted Cauliflower ½ c Black Eyed Peas ½ c Mixed Berries 1 c Milk <b>Veg: 3 oz Vegan Nuggets</b>	Hot Lunch	3 oz Grilled Pollock ½ c WG Cilantro Rice (3 oz grain) 1oz WG Bun ½ c Steamed Kale ½ c Black Bean Salad ½ c Apple 1 c Milk <b>Veg: Vegan Fish Patty</b>
Cold Lunch	Chicken Caesar Salad 3 oz chicken strips 2 oz WG Roll 1 c Caesar Salad field greens salad ½ c Green & Red Pepper Strips ½ c Peaches 1 c Milk <b>Veg: 2 oz chicx strips</b>	Cold Lunch	2 oz Roasted Vegetable Pasta Salad w/ ranch dressing (1/4 c red/orange, ¼ c dark green, 1 oz grain) 2 oz Fresh Mozzarella 1 oz Tortilla Chips ½ c Mediterranean Chickpea Salad 1 Banana 1 c Milk <b>Veg: Same</b>	Cold Lunch	Spinach Strawberry Feta Salad 3oz Chicken diced Breast. 2 oz WG Roll ½ C Broccoli w Caesar Dressing ½ c Green & Red Pepper Strips ½ c Grapes 1 c Milk <b>Veg: 3 oz Chicx Strips</b>	Cold Lunch	3 oz Egg Salad 2 oz WG Roll ½ c Marinated Vegetable Salad ½ c Cucumber Salad ½ c Cantaloupe 1 c Milk <b>Veg: Same</b>	Cold Lunch	3 oz Grilled Chicken 2 (1 oz) WG Sliced Bread ½ c Lettuce ¼ c Tomato 1 PC Mayo ½ c Potato Salad ½ c Watermelon 1 c Milk <b>Veg: 1 Powerhouse Wrap</b>
PM SNACK	½ WG English Muffin 2 TBSP Sunbutter	PM SNACK	½ c Pineapple Tidbits 1 oz WG Goldfish	PM SNACK	2 oz Egg Salad 1 WG slider roll	PM SNACK	.9 oz Mini Muffin ½ c <b>Tropical Fruit Salad</b> Pineapple Papaya	PM SNACK	½ c Vanilla Yogurt ½ c Pears

## VDA ADHC SENIOR CENTER – MAY MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	FRIDAY
BREAKFAST	<p><b>Hot MEMORIAL DAY</b> <span style="float: right;"><b>29</b></span></p> <p>2 WG French Toast (2 oz)Syrup            1 oz LS Turkey Sausage            1 c Diced <b>Peaches</b>            ½ c Grape Juice            1 c Milk</p>	30	<p>¾ c WG Scooter cereal            1 WG Toast 1 oz Butter            1 TBSP <b>Sun</b> Butter            ½ c Apple Juice ¼ c Raisins            1 Medium Banana            1 c Milk</p>	31	<p>2 oz WG Bagel W Cream Cheese pc            1 oz Cheese            ½ c Pineapple Juice            1 c Grape's alt 1 c Applesauce            1 c Milk</p>		
Hot Lunch	<p>Korean Beef over Quinoa            ½ c Quinoa, 1/3 c beef 1 oz grain 3 oz m/ma            1 oz WG Roll w Butter.            ½ c Broccoli            ½ c Sweet Potato            ½ c Mixed Fruit            1 c Milk  <b>Veg: 2 oz Vegetarian Black Bean Burger*w Ketchup</b></p>	30	<p>½ c Honey Lime Chicken            ½ WG Pita            1 c Curried Vegetable Couscous            ½ c Carrots            ½ c Apple Slices /Applesauce(4-6)            1 c Milk  <b>Veg: ¾ c Moroccan Chickpeas 3 oz</b></p>	31	<p>1.5 cup Chicken Fajita Pasta            (2 oz MMA, 2 oz WG, ½ cup vegetable – red peppers, green peppers, corn)            ½ c Garlic Mushrooms            ½ c Sauteed Zucchini            ½ c Strawberries            1 c Milk  <b>Veg: 1.5 c Chix strips fajita pasta</b></p>		
Cold Lunch	<p>1 c BBQ Chicken Salad            2 oz WG Bun            ½ c Southwest Corn Salad            ½ c Coleslaw            ½ c Tropical Fruit Salad            1 c Milk  <b>Veg: BBQ Chix Strips</b></p>	30	<p>1 ½ c Tropical <b>Bean</b> 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 Green Leafy Lettuce            ½ c Cantaloupe            1 c Milk  <b>Veg: Same</b></p>	31	<p>1 ½ c 5 a day Salad 1 c <b>Spinach/Kale</b>, ½ c other            Herb Vinaigrette            3 oz Sliced Turkey            1 PC Mayo            2 oz <b>WG</b> Roll            1 Banana            1 c Milk  <b>Veg: 1 oz cheese, 2 eggs</b></p>		
PM SNACK	<p>1 <b>WG</b> Biscuit Jelly            ½ c <b>Tropical Fruit Salad</b> Pineapple Papaya Guava</p>	30	<p>1 oz <b>WG</b> Oyster Crackers            ½ c (4 oz)Yogurt</p>	31	<p>1 oz <b>WW</b> Wheat Crackers            ¾ oz <b>IW</b> Cheddar Cheese</p>		