

VDA ADHC SENIOR CENTER – NOVEMBER MENU 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST			2 oz WG Bagel W Cream Cheese pc 1 1 oz cheese ½ c Cran Apple Juice 1/2 c Grapes alt ½ c Applesauce ½ c cantaloupe ½ Pint Milk	Hot Egg Sandwich 8592453 2 1 WG Egg Sandwich 1 oz m/ma 1 oz gr 1 Mini Muffin .9 oz ½ c pineapple ½ c Orange Juice ½ Pint Milk	3 oz WG Bran Muffin Butter 3 ½ c Yogurt ½ c 100% Cran-Apple 1 c Melon Salad ½ Pint Milk
Hot Lunch			1 c Beef Picadillo (3 oz meat, ½ c Vegetables) 1 c WG Rice (8 oz Grain) 1 c Spinach Salad with Creamy Italian ½ c Pears 1 c Milk Veg 1 c Bean Picadillo 3 oz meat alternate	1 ½ c Chicken Orzo Pasta With Green Peas (3 oz chicken, ¾ c wg orzo, ½ c pea) ½ C Sautéed Kale with Garlic 1 oz WG Dinner Roll w Margarine ½ c Fresh Strawberries 1 c Milk Veg 1 ¾ c Orzo Pasta with Green Pea and chix strips	1.5 c Minestrone Soup (0.5 oz m/ma, ¼ c vegetable) 2 oz PC Cheddar Cheese Wedge 10 WG Ritz Crackers 1 oz grain ½ C Green Beans ½ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) 1 c Milk Veg: Same
Cold Lunch			3 oz Asian Chicken Salad 2 oz WG Corn Muffin ½ c Asian Cucumber Salad ½ c Red Bean Salad ½ c Honeydew 1 c Milk Vegetarian: 3 oz Chicks Strips	3 oz Roast Beef 2 oz WW Roll ½ c Broccoli Salad 1 PC Mayo ½ c Edamame Cole Slaw ½ c Mandarin Oranges 1 c Milk Vegetarian: ½ c Fresh Mozzarella, Cucumbers, Tomato & Balsamic Vinagrette	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 Vegetarian: Same
PM SNACK			1 oz WW Wheat Crackers ¾ oz IW Cheddar Cheese	4 squares Graham Crackers ½ oz ½ c Cranberry Juice	1 oz Blueberry Mini Muffin ½ c Apricots
BREAKFAST	Hot 6 ½ c WG Oatmeal ½ WG English Muffin butter 1 oz Cheddar cheese 1 c Diced Peaches ½ c Pineapple Juice	2 oz WG Bagel 7 1 oz Swiss Cheese butter ½ c Orange Juice 1 c Fruit Salad ½ Pint Milk	2 WG Apple Muffin 8 ½ c Cran Apple Juice 1 medium Banana, ¼ c raisins ½ Pint Milk	Hot waffle & chicken 9 2 Chicken Tenders 2 WG Waffles (2.28 oz) Syrup 1 c Pears ½ c Prune Juice ½ Pint Milk	3 oz WG Blueberry Muffin Butter 10 ½ c Yogurt ½ c Apple Juice 1 c Cantaloupe ½ Pint Milk
Hot Lunch	2 (2 oz) Oven Fried Chicken Leg 2 oz Cornbread ½ c Black Eyed Peas ½ c Brussels Sprouts ½ c Apple Slices (4-6) 1 c Milk Veg: 3 Chickenless Nuggets* w Ketchup	1 c Chili con Carne 3 oz meat & Meat Alternate, ½ c vegetable 2 oz WG Corn Muffin w Butter ½ c Sautéed Collard Greens 1 Banana 1 c Milk Vegetarian: Vegetarian Chili	1.75 c Chicken Curry Casserole 3 oz m/ma, ½ veg, 1 ½ oz WG 1 oz WG Roll w Butter ½ c Broccoli ½ c Watermelon 1 c Milk Vegetarian: 3 oz Chix Strips	3 oz Breaded Fish Filet 2 2 oz WG Bun ½ c Steamed Kale ½ c Roasted Pumpkin ½ c Cinnamon Baked Apple 1 c Milk Veg : Vegan Fish	1 c Beef & Macaroni Casserole 3 oz beef, ¼ c WG ½ oz 1 oz WG Roll w Butter ½ c Italian Blend ½ c Zucchini ¾ c Peach Cobbler 1 c Milk Vegetarian: 3 oz Soy Protein & Macaroni
Cold Lunch	1 Powerhouse Wrap ¼ 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 Vegetarian: Same	2 oz Turkey 1 oz Swiss 2 oz WG Bun ½ c Lettuce, ¼ c Tomato 1 PC mustard ½ c Zucchini & Tomato Salad ½ c Pineapple Carrot Salad 1 c Milk Vegetarian: ½ c Fresh Mozzarella, Cucumbers, Lett. & Tom. & Balsamic Vinagrette	½ c Cottage Cheese 1 oz String Cheese 2 oz WG Roll w/ Butter 1 C Field Green Salad w/ Ranch ½ c Cantaloupe ¼ c Honeydew 1 c Milk Vegetarian: Same	3 oz Egg Salad 2 oz WG Roll ½ c Red & Green Pepper strips w Italian ½ c Mediterranean Chickpea Salad ½ c Apricots 1 c Milk Vegetarian: Same	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 Vegetarian: ½ c Hummus 1 oz Provolone (cong. Only)
PM 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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B R E A K F A S T	Hot Sunshine Taco 13 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 ½ Pint Milk	Yogurt Bowl ** 14 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 ½ Pint Milk	3 oz beef, ½ c m potatoes	¾ c WG Kix Cereal 15 1 oz WG Toast 1 TBSP Almond Butter ½ c Strawberries 1 c Apple Slices alt 1 c Applesauce ½ Pint Milk	1.5 c Beef Vegetable Soup (corn, green beans, onion, peas & carrots), ½ c Carrots 2 oz WG Dinner Roll w/ butter ½ c Tropical Fruit Salad (Pineapple, Papaya, Guava) 1 c Milk Veg: Vegetable Soup with 3 oz Soy beef	Hot 16 2 WG Pancakes (2 oz) Syrup 1 oz LS Turkey Sausage 1 c Diced Pears ½ c Grape Juice ½ Pint Milk	2 oz WG Biscuit Honey & Butter 17 ½ c Yogurt 1 c Cantaloupe ½ c Cranberry Juice ½ Pint Milk	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 Vegetarian: WG Spaghetti w/ Soy Protein	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 Vegetarian: ½ c Cucumber, ½ c Hummus & 1 oz Provolone
	Hot Lunch 2 Oven Fried Chicken Legs 2 oz WG Corn Muffin w Butter ½ c Baby Lima Beans ½ c Steamed Butternut Squash ¾ c Cherry Cobbler 1 c Milk Veg: 3 oz Chicks Tenders								
	Cold Lunch 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 1 c Milk Vegetarian: 3 oz Egg Salad								
	PM SNACK 1 oz WW Crackers ¾ oz IW Cheddar Cheese								
B R E A K F A S T	Hot Cheesy Grits 20 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 ½ Pint Milk	¾ c WG Crispy Rice Cereal 21 1 oz WG Toast butter 1 TBSP Almond Butter 1 medium Banana ½ c Orange Juice ½ Pint Milk	1 c Beef Pad Thai over https://easyhealthyrecipes.com/beef-pad-thai/ ½ c bean sprouts 3 oz m/ma 1 c WG Linguini Noodles ½ c Broccoli ½ c Pineapple 1 c Milk Veg: Tofu Pad Thai	¾ c WG Chex Cereal 22 1 oz WG Toast butter 1 oz Cheddar Cheese 1 c Fruit Cocktail ½ c Cran-Apple Juice ½ Pint Milk	Thanksgiving menu 3 oz Sliced Turkey & Gravy ½ c Cornbread Stuffing 1/2 c Sweet Potato / Marshmallows ½ c Green Beans Casserole ¼ c Cranberry Sauce 1 Pumpkin Pie 1 c Milk Veg: 5 Chix Nuggets	23	24	24	24
	Hot Lunch 2 Cheese Manicotti (5.5oz) w ½ c Tomato Basil Sauce 3 oz m/ma 4 oz WG grain per food label ½ c Ratatouille ½ c Italian seasoned Zucchini ½ c Pears 1 c Milk Veg: Same								
	Cold Lunch 2 c Sesame Asian Noodle Bowl/ ½ c Cucumber & Radish Salad ½ c Mango 1 c Milk Vegetarian: 2 c Sesame NoodleTofu Bowl								
	PM SNACK ½ WG English Muffin 2 TBSP Sunbutter								





Head Start & USDA are equal opportunity providers & employers Fresh Fruit to include seasonal rotation of fruits available to include – plums, pears, peaches, berries EO, MPH,RDN.LDN 7.23.23
Whole Grain. Red Fruit/Vegetable. Green Fruit/Veetable. Orange Fruit/Veetable. Bean Dish