

**VDA ADHC SENIOR CENTER – SEPTEMBER MENU 2023**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					3 oz WG Bran Muffin Butter 1/2 c Yogurt 1/2 c 100% Cran-Apple 1 c Melon Salad 1 c Milk
Hot Lunch					1 1/4 c Vegetarian Lasagna <small>3ozm/ma, 1/2 c noodles (1 oz grain)</small> 1 oz Garlic Bread 1 c Broccoli & Cauliflower 1/2 c Tangerine 1 c Milk  <i>Veg: Same</i>
Cold Lunch					3 oz Mild Buffalo Ranch Chicken Salad 2 oz WW English Muffin 1 c Spinach Salad w Balsamic Vinaigrette 1/2 c Beet Salad 1 Banana 1 c Milk  <i>Veg: 1/2 c Hummus 1 oz Provolone</i>
PM SNACK					.9 oz Blueberry Mini Muffin 1/2 c Apricots
BREAKFAST		4 2 oz WG Bagel 1 oz Swiss Cheese butter 1/2 c Orange Juice 1 c Fruit Salad 1 c Milk	5 3/4 c WG Bran Flakes 1 oz WG Toast Butter 1 TBSP Peanut Butter 1/2 c Cran Apple Juice 1 medium Banana, 1/4 c raisins 1 c Milk	6 <b>Hot waffle &amp; chicken</b> 2 Chicken Tenders 2 WG Waffles (2.28 oz) Syrup 1 c Pears 1/2 c Prune Juice 1 c Milk	7 3 oz WG Blueberry Muffin Butter 1/2 c Yogurt 1/2 c Apple Juice 1 c Cantaloupe 1 c Milk
Hot Lunch		2 Oven Fried Chicken Legs 3 oz 2 oz WG Corn Muffin w Butter 1/2 c Spinach Side Salad w/ Ranch 1/2 c Creole Style Black Eyed Peas 3/4 c Cherry Cobbler 1 c Milk <i>Veg: 3 oz Chicks Strips</i>	1 Bean Burrito 1 oz Mexican Brown Rice 1/2 c Zucchini 1/2 c Corn 1/2 c Peaches 1 c Milk <i>Veg: Same</i>	3 oz Chicken in Orange Sauce 1 c WG Rice 1/2 c Stir Fry Vegetables 1/2 c Cauliflower 1/2 c Strawberries and Blueberries 1 c Milk <i>Veg: 3 oz chix strips in orange sauce</i>	1 1/4 c Macaroni & Cheese <small>1 1/2 oz Cheese, 1 c noodles 7.1 oz</small> 1/2 c Vegetarian Baked Beans 2 oz m/ma 1/2 c Cucumber Vinaigrette Salad 1/2 C Stewed Tomatoes 1/2 c Grapes 1 c Milk <i>Veg: Same</i>
Cold Lunch		1 Powerhouse Wrap <small>3/4 c Black Beans, 2 WW Tortilla (6 in 2.6 oz)</small> 1 c Tossed Green Salad w Italian. 1/2 c Honeydew 1/2 c Broccoli Salad 1 c Milk  <i>Veg: Same</i>	Greek Salad <small>1 oz. eq. m/ma, 1 cup dark green vegetables, 1/2 cup other vegetables</small> 3 oz Chicken Strips 2 oz Soft Pita 1 c Romaine Lettuce 1/2 c Hummus 1/2 c Apple Slices 1 c Milk <i>Veg: 2 oz chixx strips</i>	2 oz Turkey 1 oz Cheese 2 WW Bread 2 oz 1/2 c Lettuce 1/4 c Tomato 1 PC Mayo 1/2 c Black Bean Salad 1 Banana 1 c Milk <i>Veg: 3 oz Egg Salad</i>	3 oz Grilled Chicken 2 oz WW Bun 1/2 c Carrot Raisin Salad 1/2 c Fruit Salad 1 PC Mayo 1/2 c Orange 1 c Milk <i>Veg: 3 oz Egg Salad</i>
PM SNACK		1/2 c Fruited Yogurt 1 oz WG Granola	1 WG Biscuit w Jelly 1/2 c Pineapple Tidbits	1/2 c Watermelon 0.9 oz mini muffin	1 oz String Cheese 8 WG Ritz Crackers

# VDA ADHC SENIOR CENTER – SEPTEMBER MENU 2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
BREAKFAST	<b>Hot_Sunshine Taco</b> 11 ¼ c Egg & Cheese, 6 inch WG Flour Tortilla 1 oz WG Toast Butter ½ c Grape Juice 1 c <b>Tropical Fruit Salad</b> Pineapple Papaya Guava 1 c Milk	<b>Yogurt Bowl**</b> 12 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	<b>¾ c WG Kix Cereal</b> 13 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	<b>Hot</b> 14 2 WG French Toast (2 oz) Syrup 1 oz LS Turkey Sausage 1 c Diced Pears ½ c Grape Juice 1 c Milk	<b>Hot Lunch</b> 2 Oven Fried Chicken Legs 3 oz 2 oz Cornbread w/ butter ½ c Roasted Cauliflower ½ c 4-way vegetable mix ½ c Berries 1 c Milk <b>Veg: 3 oz Vegan Nuggets</b>	<b>#12 scoop Korean Beef Over Jasmine Rice</b> <small>3-ounce eq. MMA and 1.25-ounce eq. Grain</small> ½ c Jasmine Rice 1 WG Roll w/ butter 1 c <b>Garlic Seasoned Green Beans</b> 1 Mango 1 c Milk <b>Veg: 3 oz Korean Soy Beef over WG Rice</b>	<b>1 c Hawaiian Chicken Coconut Rice</b> 3 oz M/MA, ¼ c fruit, 1.25 oz grain ½ c Edamame ½ c Broccoli ½ c Watermelon 1 c Milk <b>Veg: 3 oz Chicx Strips Coconut Rice</b>	<b>1 c Chicken Spaghetti</b> <small>(2 oz MMA/1 oz grain)</small> 1 oz WG Roll w butter ½ c Red Beans ½ Summer Squash ½ c Apricot 1 c Milk <b>Veg: Vegan Nuggets Chicken Spag</b>	2 oz WG Biscuit Honey & Butter ½ c <b>Yogurt</b> 1 c <b>Cantaloupe</b> ½ c <b>Cranberry Juice</b> 1 c Milk 3 oz Baked Cajun Fish (3 oz m/ma) ½ c Rice Pilaf ½ c Collard Greens ½ c Carrots ½ c Strawberries 1 c Milk <b>Veg: 5 oz Meatless Fish Patty (3pc)</b>
	<b>Cold Lunch</b> 2 oz Turkey 1 oz Cheese mayo 2 WW Bread 2 oz ½ c Lettuce ¼ c Tomato 1 PC Mayo ½ c Mediterranean Chickpea Salad 1 Banana 1 c Milk <b>Veg: ½ c Fresh Mozzarella, Cucumbers, Lett. &amp; Tom. &amp; Balsamic Vinaigrette</b>	½ C Tuna Salad Sandwich 2 slices WG Bread ½ c Cole Slaw Vinaigrette ½ c Italian Tomato Salad ½ c Watermelon 1 c Milk <b>Veg: Same w/ 3 oz cheese</b>	Taco Salad with Southwest Ranch <small>3 oz equivalent meat/meat alternate, ¾ cup of vegetable, and 1 oz grain equivalent</small> 1 cup lettuce and tomato mix 2 oz Baked Chips ½ c honeydew 1 c Milk <b>Veg: ¾ c Black Beans</b>	8 oz Yogurt 1 oz String Cheese 2 oz WG Blueberry Muffin ½ c Cucumber Salad 1 c Field Greens Salad w Italian ½ c Fresh Fruit Salad 1 c Milk <b>Veg: Same</b>					
PM SNACK	1 oz WW Crackers ¾ oz IW Cheddar Cheese	½ c <b>Cucumbers</b> w/Honey Mustard Dip ¾ oz <b>WG Goldfish</b>	.9 oz Blueberry Mini Muffin ½ c <b>Peaches</b>	½ c Mixed Berries ½ c Cottage Cheese	2 Oatmeal Cookies ½ c (4 oz)Vanilla Yogurt				
BREAKFAST	<b>Hot Cheesy Grits</b> 18 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	<b>¾ c WG Crispy Rice Cereal</b> 19 1 oz WG Toast butter 1 TBSP Almond Butter 1 medium Banana ½ c <b>Orange Juice</b> 1 c Milk	<b>¾ c WG Chex Cereal</b> 20 1 oz WG Toast butter 1 oz Cheddar Cheese 1 c Fruit Cocktail ½ c <b>Cran-Apple Juice</b> 1 c Milk	<b>Hot</b> 21 1 c Roasted Potatoes & Turkey Hash ¾ c veg 1 1/8 oz m/ma 1 WG English Muffin Butter ½ C Peaches 1 c Apple Juice 1 c Milk	<b>Hot Lunch</b> 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 <b>Veg: 3 oz Vegetarian Patty</b>	<b>4 oz Turkey Burger with Tzatziki</b> 3 oz m/ma, ½ c vegetable 1 (2.5 oz) WG Pita ½ c Seasoned Green Beans 1 Apple in slices 1 c Milk <b>Veg: 3 oz bean burger</b>	<b>1 c Spaghetti &amp; Meat Sauce</b> <small>2 3 oz m/ma, 1 oz grain</small> ½ c Garlic Mushrooms 1 oz WG Roll ½ c Collard Greens ½ c Melon Cup 1 c Milk <b>Veg: 1 c Spaghetti w/ Cheese</b>	<b>¾ C Chinese Style Vegetables Beef</b> (3 oz M/MA, ½ oz vegt) 2 oz Brown Rice ½ c Sautéed Spinach ½ c Orange Wedges 1 c Milk <b>Veg: 3 oz Tofu</b>	2 oz WG Biscuit Butter and Jelly 1 ½ <b>Yogurt</b> 1 c Honeydew ½ c Grape Juice 1 c Milk 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 <b>Veg:3 oz Chicx Strips</b>
	<b>1 ½ c Tropical Bean Salad</b> 2.25 m/ma (w lettuce) 5/8 c veg 3/8 c Fruit 2 (1 oz) WW Bread w Butter 1 c Lettuce ½ c Tropical Fruit Salad 1 c Mil <b>Veg: Same</b>	<b>3 oz Roast Beef</b> 2 oz WW Roll 1 C Spinach Salad w/ Balsamic 1 PC Mayo ½ C Coleslaw 1 Banana 1 c Milk <b>Veg: ½ c Fresh Mozzarella, Cucumbers, Tomato &amp; Balsamic Vinaigrette</b>	<b>Chicken Teriyaki Wrap</b> <small>3 oz meat/meat alternate, 2 oz grain equivalent, and 1/2 cup other vegetable</small> 2 oz WG Wrap ½ C Bean Salad ½ C Grapes 1 c Milk <b>Veg: 3 oz chivks strips</b>	<b>3 oz Asian Chicken Salad</b> 2 oz WG Roll w Butter 1 c Asian Cucumber Salad ½ c Strawberries 1 c Milk <b>Veg: 3 oz Chicks Strips</b>					
PM SNACK	½ WG English Muffin 2 TBSP Sunbutter	½ c Pineapple Tidbits 1 oz WG Goldfish	1 Hardboiled Egg 8 WG Ritz Crackers	.9 oz Mini Muffin ½ c <b>Tropical Fruit Salad</b> Pineapple Papaya	½ c Vanilla Yogurt ½ c Pears				

## VDA ADHC SENIOR CENTER – SEPTEMBER MENU 2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
BREAKFAST	<b>Hot</b> 2 WG Waffles & Syrup 1 oz LS Turkey Sausage 1 c Pears ½ c Pineapple Juice ½ Pint Milk	25	¾ c WG Bran Flake Cereal 1 oz WG Toast butter 1 TBSP Peanut Butter 1 c Fruit Cocktail 1 medium Banana ½ Pint Milk	26	MYO Parfait 8 oz Fruited Yogurt ½ c Nut free Granola 1 c Mixed Berries ½ c Cran-Apple Juice ½ Pint Milk	27	<b>Hot_Eve on a Raft</b> 1 Egg patty 2 WG Wheat Toast 2oz Butter 1 c Baked Apple ½ c Orange Juice ½ Pint Milk	28	3 oz WG Bran Muffin Butter ½ c Yogurt ½ c 100% Cran-Apple 1 c Melon Salad 1 c Milk	29
Hot Lunch	3 oz Hamburger Patty w/ Lettuce, Tomato, Onion 1 WG Bun ½ c Beets ½ c Mashed Potatoes 1/2 c Strawberries & Blueberries 1 c Milk  <i>Veg: 3 oz Veggie Burger w/ Lettuce, Tomato, and Onion</i>		2 Oven Fried Chicken Legs 2 oz Cornbread ½ c Broccoli ½ c Scalloped Potatoes ½ c Pineapple 1 c Milk  <i>Veg: 3 oz Vegan Chicken</i>		# 6 scoop Chicken Spinach Alfredo Bake (2 oz MMA, 1 oz grain) 1 oz WG Biscuit w Butter ½ c Green Peas ½ c Italian Vegetables ½ c Apricot 1 c Milk  <i>Veg: 3 oz Chix strips</i>		3 oz Oven Roasted Haddock ½ c WG Cilantro Rice 1 oz WG Roll 3/4 c Cherry Cobbler ½ c Baked Beans ½ c Spinach 1 c Milk  <i>Veg: 5 oz Vegan Fish Patty</i>		1 ¼ c Vegetarian Lasagna <small>3ozn/ma, ½ c noodles (1 oz grain)</small> 1 oz Garlic Bread 1 c Broccoli & Cauliflower ½ c Tangerine 1 c Milk  <i>Veg: Same</i>	
Cold Lunch	Chef Salad 3 oz Protein ½ oz Swiss Cheese, 1 ½ oz Roast Beefd 1 oz Turkey 2 oz WG Corn Muffin 1 c Mixed Greens Lettuce w Herb Vinaigrette ½ c Cherry Tomato & Cuke 1 Orange in Wedges 1 c Milk  <i>Veg: 1 oz cheese, 2 eggs</i>		Pasta Salad 1 oz WW Roll ½ c Red & Green Pepper strips w Italian ½ c Red Bean Salad ½ c Grapes 1 c Milk  <i>Veg: 3 oz Egg Salad</i>		2 oz Turkey 2 oz Roll 1 c Field Greens w/ Ranch ½ c Mediterranean Chickpea Salad 1 PC Mayo ½ C Watermelon 1 c Milk  <i>Veg: ½ c Fresh Mozzarella, Cucumbers, Tomato &amp; Balsamic Vinaigrette</i>		½ c Cottage Cheese 1 oz String Cheese 2 oz WG Apple Muffin ½ c Blueberries ½ c Fruit Compote ½ c Mango 1 c Milk  <i>Veg: Same</i>		3 oz Mild Buffalo Ranch Chicken Salad 2 oz WW English Muffin 1 c Spinach Salad w Balsamic Vinaigrette ½ c Beet Salad 1 Banana 1 c Milk  <i>Veg: ½ c Hummus 1 oz Provolone</i>	
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)		½ c Cantaloupe 4 oz Vanilla Yogurt		.9 oz Blueberry Mini Muffin ½ c Apricots	