

VDA ADHC SENIOR CENTER – FEBRUARY MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
BREAKFAST				1	6 oz Strawberry Smoothie Bowl 1 oz m/ma, ½ c fr 3 oz WG Apple Muffin ½ c Tropical Fruit Salad ½ c 100% Fruit Punch 1 c Milk	2	Hot waffle & chicken 2 Chicken Tenders 1 ½ oz m/ma 2 WG Waffles (2.28 oz) Syrup 1 c Pears ½ c Prune Juice 1 c Milk	3	2 oz WG Bagel W Cream Cheese 1 oz Cheddar Cheese ½ c Sliced Cucumber, Onion & capers ½ c Tomato Juice ½ c Grapes alt ½ c Applesauce 1 c Milk
Hot Lunch					3 oz Grilled Pollock (3 oz m/ma) 1 c WG Fettucini alfredo ½ c Broccoli ½ c Italian Blend zucchini, carrots, cauliflower, lima beans, green beans ½ c Mandarin Orange 1 c Milk Veg: 3 oz sliced Cheeses		4 oz Salisbury Steak & Country Gravy 2 oz WG Biscuit w Butter ½ c Roasted Cauliflower ½ c Garlic Mashed Potatoes ½ c Fresh Pineapple 1 c Milk Veg: 3 oz Veggie Patty		1 c Chicken Wild Rice Soup 14 (2 oz) WG Triscuit type Cracker ½ c Cinnamon Glazed Carrots ½ c Steamed Spinach ½ c Tropical Fruit Salad 1 c Milk Veg: 1 c Vegetarian Lentil Soup
Cold Lunch					Chicken Caesar Salad 3oz Chicken Strips 2 oz WG Apple Muffin 1 c Caesar Field Greens Salad W Caesar Dressing ½ c Pickled Beets ½ c Mango 1 c Milk Veg: 3 oz Chicx Strips		3 oz Egg Salad 2 oz WG Roll ½ c Marinated Vegetable Salad ½ c Cucumber Salad ½ c Cantaloupe 1 c Milk Veg: Same		3 oz Tuna Salad 2 (1 oz) MG Sprouted Bread Chef's line ½ c Lettuce ¼ c Tomato ½ c Corn and Black Bean Salad 1 PC Mayo ½ c Fresh Melon Salad 1 c Milk Veg: ½ c Fresh Mozzarella, Cucumbers, Lett. & Tom. & Balsamic Vinagrette
PM SNACK					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
BREAKFAST	6	7	8	9	10				
BREAKFAST	Hot 2 WG French Toast (2 oz) Syrup 1 oz LS Turkey Sausage 1 c Diced Peaches ½ c Grape Juice 1 c Milk	2 oz WG Biscuit Honey & Butter ½ c Yogurt 1 c Mango ½ c Cranberry Apple Juice 1 c Milk	¾ c WG Bran Flakes 1 oz WG Toast Butter 1 TBSP Peanut Butter ½ c Orange Juice 1 medium Banana, ¼ c raisins 1 c Milk	Hot 1 c Southwest Tofu Scramble 1 oz WG Toast w butter 1/2 c Pineapple Juice ¼ c Tropical Fruit 1/4 c Red Beans 1 c Milk	3 oz WG Blueberry Muffin Butter ½ c Yogurt ½ c 100% Cran-Apple 1 c Pears 1 c Milk				
Hot Lunch	1 c Chili con Carne 4 oz meat & Meat Alternate, ½ c vegetable 2 oz WG Corn Muffin w Butter 1 c Mixed Greens Salad w Ranch ½ c Hot Fruit Compote 1 c Milk Veg: Vegetarian Chili	½ c Honey Lime Chicken 2 ½ oz m/ma ½ WG Pita 1 c Curried Vegetable Couscous 1 oz gr, ½ c veg ½ Brussel Sprouts ½ c Cinnamon Baked Apple 1 c Milk Veg: ¾ c Moroccan Chickpeas 3 oz M/ma	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 Green Beans ½ c Sweet Potato ½ c Fresh Pineapple 1 c Milk Veg: 1 c Hummus w 1 WG Pita 2 oz or Vegetarian Black Bean Burger* w Ketchup	2 c Chicken Noodle Soup 3 oz m/ma 1 oz gr 1 WG Wheat Roll w Butter ½ c Black Eyed Peas ½ c Butternut Squash ½ c Orange Wedges 1 c Milk Veg: Chickstrip Soup	3 oz Breaded Fish Filet 2.5 oz m/ma 1 oz grain 2 oz WG Bun ½ c Steamed Kale ½ c Pimento Corn ½ c Clementine 1 c Milk Veg Same alt 3 oz sliced cheeses				
Cold Lunch	3 oz Asian Chicken Salad 2 oz WG Roll w butter ½ c Asian Cucumber Salad ½ c Zucchini & Tomato Salad ½ c Mandarin Oranges 1 c Milk Veg: 3 oz Chicks Strips	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 Romaine Lettuce (alt. field greens) ½ c Tropical Fruit Salad 1 c Milk Veg: Same	1 ½ c 5 a day Salad 1 c Spinach/Kale, ½ c other Herb Vinaigrette 3 oz Sliced Turkey 1 PC Mayo 2 oz WG Roll 1 Banana 1 c Milk Veg: 1 oz cheese, 2 eggs	3 oz Roast Beef 2 oz WW Roll 1 c Spinach Salad ½ c Cole Slaw 1 PC Mayo ½ c Honeydew 1 c Milk Veg: 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 Fresh Fruit Salad 1 c Milk Veg: Same				
PM SNACK	1 oz WW Crackers ¾ oz IW Cheddar Cheese	½ c Cucumbers w/Honey Mustard Dip ¾ oz WG 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				

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BREAKFAST	Hot Egg Sandwich 13 1 WG Egg Sandwich 1 oz m/ma 1 oz gr 1 Mini Muffin .9 oz ½ c Steamed Greens , ½ c stewed prunes ½ c Orange Juice 1 c Milk	¼ c WG Chex Cereal 14 1 oz WG Toast butter 1 oz Cheddar Cheese 1 c Fruit Cocktail ½ c Cran-Apple Juice 1 c Milk	Yogurt Bowl ** 15 ½ c Plain Yogurt 1 oz m/ma ½ c WG Granola 2 oz 1 c Winter Fruit Salad e) ½ c Orange Juice 1 c Milk	Hot 16 1 c Spiced Oatmeal 1 c Warm Spiced Apple Slices ½ c Vanilla Yogurt 1 oz m/ma ½ c Fruit Cocktail 1 c Milk	2 oz WG Bagel 1 oz Swiss Cheese butter ½ c Orange Juice 1 c Apple slices 1 c Milk
Hot Lunch	1 ½ c Chicken & Dumplings <small>3 oz Chicken ½ c Veg(carrots, peas)</small> 1 oz Dumplings 1 oz WG Roll w Butter ½ C Peas & Carrots ½ c Pumpkin ½ c Pineapple 1 c Milk Veg: 3 oz Grilled Chix Strips & 1 oz Dumplings	1 c Sweet & Spicy Beef "Stir-fry" 3 ozm/ma, ½ c vegs 1 c WG Rice ½ c Broccoli 1 Mandarin Oranges 1 c Milk Veg: 3 oz Tofu „Stir fry“	3 oz Oven Fried Chicken 2 oz WG Roll w Butter ½ c Green Beans 1 C Tossed Salad with Ranch ½ c Peach Cobbler 1 c Milk Veg: 3 oz Chix Strips	1 c Beef Stroganoff 2.88 m/ma 1 c WG Egg Noodles 2 oz ½ c Diced Sweet Potatoes ½ c Brussels Sprouts ½ c Grapes 1 c Milk Veg 1 c Red Beans Stroganoff	1 c Minestrone Soup (.5 oz m/ma, ¼ c vegetable) 1 c Cheesey WG Rice and Beans 6 WG Ritz Crackers 1 oz grain ¾ c Acorn Squash ½ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) 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 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 eaas	3 oz Grilled Chicken 2 oz WW Bun ½ c Pickled Beet Salad ½ c Mediterranean Chickpea Salad 1 PC Mayo ½ c Apricots 1 c Milk Veg: 3 oz Egg Salad	Meatball Banh Mi 2 oz m/ma ¼ c veg 2 oz WG Sub Bun 1/2 c Pickled Carrots, Radishes, Cucumber in addition to what's in recipe ½ c Red Bean Salad ½ c Fresh Melon Salad 1 c Milk Veg: ½ c Fresh Mozzarella, Cucumbers, Lett.	½ c Cottage Cheese 1 oz String Cheese 2 oz WG Apple Muffin ½ c Honeydew ½ c Fruit Compote ½ c Mango 1 c Milk Veg: Same	3 oz Tuna Salad 2 oz WW English Muffin 1 c Spinach Salad w Balsamic Vinaigrette ½ c Beet Salad 1 Banana 1 c Milk Veg: ½ c Hummus 1 oz Provolone
PM SNACK	½ WG English Muffin 2 TBSP Sunbutter	¼ c Pimento Cheddar Cheese 1 ½ oz m/ma 1 oz WW Bread	Fun Fruit Pizza	1 Hardboiled Egg 8 WG Ritz Crackers	.9 oz Blueberry Mini Muffin ½ c Apricots
BREAKFAST	 20 1 WG English Muffin w 1 TBSP Sunbutter 21 1 Banana 1/2 c Pears ½ C Cran Apple Juice 1 c Milk	1 WG English Muffin w 1 TBSP Sunbutter 21 1 Banana 1/2 c Pears ½ C Cran Apple Juice 1 c Milk	¾ c WG Kix Cereal 22 1 oz WG Toast 1 TBSP Almond Butter ½ c Melon Salad 1 c Apple Slices alt 1 c Applesauce 1 c Milk	Hot Eve on a Raft 23 1 Egg patty 2 WG Wheat Toast 2oz Butter 1 c Baked Apple ½ c Orange Juice 1 c Milk	2 oz WG Biscuit Honey & Butter 24 ½ c Yogurt 1 c Cantaloupe ½ c Cran- Apple Juice 1 c Milk
Hot Lunch	3 oz Slice Turkey & Gravy ½ c Stuffing 1 oz WG Roll w Butter ½ c Broccoli & Cauliflower ½ c Pimento Corn ½ c Baked Cinnamon Apple/Applesauce 1 c Milk Veg: 3 oz Chicks Strips	3 oz Slice Turkey & Gravy ½ c Stuffing 1 oz WG Roll w Butter ½ c Broccoli & Cauliflower ½ c Pimento Corn ½ c Baked Cinnamon Apple/Applesauce 1 c Milk Veg: 3 oz Chicks Strips	1 ¼ c Vegetarian Lasagna <small>3ozm/ma, ½ c noodles (1 oz grain)</small> 1 oz Garlic Bread ½ C Italian Blend ½ C Lima Beans ½ c Tropical Fruit Salad (Pineapple, Papaya, Guava) 1 c Milk Veg: Same	2 Oven Fried Chicken Legs 3 oz 2 oz WG Corn Muffin w Butter ½ c Steamed Collards ½ c Creole Style Black Eyed Peas ¾ c Cherry Cobbler 1 c Milk Veg: 3 oz Chicks Tenders 1 ¼ c	3 oz Breaded Fish Filet 2.5 oz m/ma 1 oz grain ½ c Macaroni & Cheese ½ c Cucumber Salad ½ c Stewed Tomatoes ½ c Grapes 1 c Milk Veg: Same – alt 1 ¼ c macaroni and cheese
Cold Lunch	Beef Caesar Salad 1 c Caesar Field Greens Salad w Caesar Dressing 3 oz Sliced Beef 2 oz WG Blueberry Muffin ½ c Cold Fruit Compote ½ c Peaches 1 c Milk Veg: 3 oz Cheese Caesar Salad	Beef Caesar Salad 1 c Caesar Field Greens Salad w Caesar Dressing 3 oz Sliced Beef 2 oz WG Blueberry Muffin ½ c Cold Fruit Compote ½ c Peaches 1 c Milk Veg: 3 oz Cheese Caesar Salad	3 oz Tuna Salad 2 oz WW Roll 1 c Field Greens w Italian ½ c Fruit Salad ½ c Cucumber Vinaigrette 1 c Milk Veg: Same alt 3 oz sliced cheese	2 Asian Beef Spring Roll 3 oz Beef , 2 oz WW Flour tortilla ½ c Seasoned Green Bean Salad ½ c Asian Carrot Radish Salad ½ c Banana 1 c Milk Veg: 1 Black Bean Powerhouse	3 oz Chicken Salad 2 oz WG Roll ¾ c Spinach Strawberry Salad w Balsamic Vinaigrette ½ c Broccoli Salad ½ c Honeydew 1 c Milk Veg: ½ c Cucumber, ½ c Hummus & 1 oz Provalone
PM SNACK	½ c Fruited Yogurt 1 oz WG Granola	½ c Fruited Yogurt 1 oz WG Granola	1 WG Biscuit w Jelly ½ c Pineapple Tidbits	1 c Milk 0.9 oz mini muffin	1 oz String Cheese 8 WG Ritz Crackers

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MONDAY		TUESDAY		WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<p>Hot</p> <p>3 ½" x 2 ½" Breakfast Pizza 1 oz m/ma ¼ c veg 2 oz WG English Muffin butter ¼ c steamed greens ½ c Apple Juice 1 c Milk</p>	27	<p>¾ c WG Scooter Cereal 1 WG Toast 1 oz Butter 1 TBSP Peanut Butter ½ c Pineapple Juice ¼ c Raisins 1 Medium Banana 1 c Milk</p>	28		
Hot Lunch	<p>1 c Arroz con Pollo 2 tenderloin 3 oz m/ma ½ c Vegetables (bell pepper onion tomato) ½ c WG Rice 1 oz WG Roll w butter ½ c Black Beans ½ c Pears 1 c Mil Veg: Vegan Arroz con Pollo</p>		<p>1 Stuffed Pepper 3 oz m/ma, ½ c WG Rice 1 oz ½ c Green Pepper 1 oz WG Biscuit w Butter ½ c Winter Squash ½ c Peaches 1 c Milk Veg: ¾ c Soy Protein in Pepper</p>			
Cold Lunch	<p>Roast Beef Salad 3 oz Beef 2 oz WG Roll 1 c Shredded Field Greens w Creamy Caesar ½ c Marinated Shredded Carrots, Cauliflower, Broccoli ½ c Apple Slices 1 c Milk Veg: 1 Powerhouse Wrap</p>		<p>2 oz Turkey 1 oz Cheese 2 WW Bread ½ c Lettuce ¼ c Tomato 1 PC Mayo ½ c Mediterranean Chickpea Salad 1 Banana 1 c Milk Veg: ½ c Fresh Mozzarella, Cucumbers, Lett. & Tom. & Balsamic Vinaigrette</p>			
PM SNACK	<p>4 Sunflower Butter Balls 1 oz m/ma 1 c Milk</p>		<p>1 oz WW Wheat Crackers ¾ oz IW Cheddar Cheese</p>			