

## VDA ADHC SENIOR CENTER – MARCH MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
BREAKFAST					1		2		3
Hot Lunch									
Cold Lunch									
PM SNACK									
BREAKFAST	6	7	8	9	10				
Hot Lunch									
Cold Lunch									
PM SNA									

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<b>BREAKFAST</b>	<b>Hot Egg Sandwich</b> 13 1 <b>WG</b> Egg Sandwich 1 oz m/ma 1 oz gr 1 Mini Muffin .9 oz ½ c <b>Steamed Greens</b> , ½ c stewed prunes ½ c <b>Orange Juice</b> 1 c Milk	<b>14</b>	¾ c WG Chex Cereal 1 oz WG Toast butter 1 oz Cheddar Cheese 1 c Fruit Cocktail ½ c Cran-Apple Juice 1 c Milk	<b>15</b>	Yogurt Bowl ** 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	<b>16</b>	<b>Hot</b> 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	<b>17</b>	2 oz WG Bagel 1 oz Swiss Cheese butter ½ c Orange Juice 1 c Apple slices 1 c Milk
<b>Hot Lunch</b>	1 ½ c Chicken & Dumplings 3 oz Chicken ½ c Veg(carrots, peas) 1 oz Dumplings 1 oz <b>WG</b> Roll w Butter ½ C Peas & <b>Carrots</b> ½ c <b>Pumpkin</b> ½ c Pineapple 1 c Milk <b>Veg: 3 oz Grilled Chix Strips &amp; 1 oz Dumplings</b>	<b>14</b>	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 <b>Veg: 3 oz Tofu „Stir fry“</b>	<b>15</b>	3 oz Oven Fried Chicken 2 oz WG Roll w Butter ½ c Green Beans 1 C Tossed Salad with Ranch ½ c <b>Peach Cobbler</b> 1 c Milk <b>Veg: 3 oz Chix Strips</b>	<b>16</b>	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 <b>Veg 1 c Red Beans Stroganoff</b>	<b>17</b>	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 <b>Veg: Same</b>
<b>Cold Lunch</b>	Chef Salad 3 oz Protein ½ oz Swiss Cheese, 1 ½ oz Roast Beef 1 Egg wedged 2 oz <b>WG</b> Corn Muffin 1 c <b>Mixed Greens</b> Lettuce w Herb Vinaigrette ½ c Cherry <b>Tomato</b> & Cuke 1 <b>Orange in Wedges</b> 1 c Milk <b>Veg: 1 oz cheese. 2 eggs</b>	<b>14</b>	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 <b>Veg: 3 oz Egg Salad</b>	<b>15</b>	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 <b>Veg: ½ c Fresh Mozzarella, Cucumbers, Lettuce, Tomato, &amp; Balsamic Vinaigrette</b>	<b>16</b>	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 <b>Veg: Same</b>	<b>17</b>	3 oz Tuna Salad 2 oz WW English Muffin 1 c Spinach Salad w Balsamic Vinaigrette ½ c <b>Beet</b> Salad 1 Banana 1 c Milk <b>Veg: ½ c Hummus 1 oz Provolone</b>
<b>PM SNACK</b>	½ <b>WG</b> English Muffin 2 TBSP Sunbutter	<b>14</b>	¼ c Pimento Cheddar Cheese 1 ½ oz m/ma 1 oz WW Bread	<b>15</b>	Fun Fruit Pizza	<b>16</b>	1 Hardboiled Egg 8 <b>WG</b> Ritz Crackers	<b>17</b>	.9 oz Blueberry Mini Muffin ½ c Apricots
<b>BREAKFAST</b>	<b>Maple French Toast w Turkey Fenne</b> 21 Sausage 2 oz m/ma, 1 oz gr 1 oz <b>WG</b> Toast Butter 1 c <b>Sweet Potato &amp; Kale</b> Hash ½ c Prune Juice 1 c Milk	<b>21</b>	1 WG English Muffin w 1 TBSP Sunbutter 21 1 Banana 1/2 c Pears ½ C Cran Apple Juice 1 c Milk	<b>22</b>	¾ c WG Kix Cereal 1 oz WG Toast 1 TBSP Almond Butter ½ c Melon Salad 1 c Apple Slices alt 1 c Applesauce 1 c Milk	<b>23</b>	<b>Hot Eve on a Raft</b> 1 Egg patty 2 WG Wheat Toast 2oz Butter 1 c Baked Apple ½ c Orange Juice 1 c Milk	<b>24</b>	2 oz WG Biscuit Honey & Butter ½ c Yogurt 1 c Cantaloupe ½ c Cran- Apple Juice 1 c Milk
<b>Hot Lunch</b>	1 ½ c Beef Pho 2 oz m/ma 1 oz WG & 4 Meatballs with Rice noodles 1 oz WG Roll w/ Butter ½ c Zucchini ½ c Green Beans 1 Orange in Wedges 1 c Milk <b>Veg: 1 ½ c TofuPho 2 oz m/ma 1 oz grain</b>	<b>21</b>	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 <b>Veg: 3 oz Chicks Strips</b>	<b>22</b>	1 ¼ c Vegetarian Lasagna 3ozm/ma, ½ c noodles (1 oz grain) 1 oz Garlic Bread ½ C Italian Blend ½ C Lima Beans ½ c Tropical Fruit Salad (Pineapple, Papaya, Guava) 1 c Milk <b>Veg: Same</b>	<b>23</b>	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 <b>Veg: 3 oz Chicks Tenders 1 ¼ c</b>	<b>24</b>	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 <b>Veg: Same – alt 1 ¼ c macaroni and cheese</b>
<b>Cold Lunch</b>	1 Powerhouse Wrap ¾ c <b>Black Beans</b> , 2 <b>WW Tortilla</b> (6 in 2.6 oz) 1 c Tossed Green Salad w Italian ½ c <b>Grapes</b> ½ c <b>Beet</b> Salad 1 c Milk <b>Veg: Same</b>	<b>21</b>	Beef Caesar Salad 1 c Caesar Field Greens Salad w Caesar Dressing 3 oz Sliced Beef 2 oz <b>WG</b> Blueberry Muffin ½ c Cold Fruit Compote ½ c <b>Peaches</b> 1 c Milk <b>Veg: 3 oz Cheese Caesar Salad</b>	<b>22</b>	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 <b>Veg: Same alt 3 oz sliced cheese</b>	<b>23</b>	2 Asian Beef Spring Roll 3 oz <b>Beef</b> , 2 oz <b>WW Flour tortilla</b> ½ c Seasoned Green Bean Salad ½ c Asian Carrot Radish Salad ½ c Banana 1 c Milk <b>Veg: 1 Black Bean Powerhouse</b>	<b>24</b>	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 <b>Veg: ½ c Cucumber, ½ c Hummus &amp; 1 oz Provalone</b>
<b>PM SNACK</b>	½ c Mixed Berries (previously frozen) ½ c Cottage Cheese	<b>21</b>	½ c Fruited Yogurt 1 oz WG Granola	<b>22</b>	1 WG Biscuit w Jelly ½ c Pineapple Tidbits	<b>23</b>	1 c Milk 0.9 oz mini muffin	<b>24</b>	1 oz String Cheese 8 WG Ritz Crackers

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<b>BREAKFAST</b>	<b>Hot</b> <span style="float: right;"><b>27</b></span> 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	<span style="float: right;"><b>28</b></span> 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	<span style="float: right;"><b>29</b></span> 6 oz Strawberry Smoothie Bowl 1 oz m/ma, ½ c fr 3 oz <b>WG</b> Apple Muffin ½ c Tropical Fruit Salad ½ c 100% Fruit Punch 1 c Milk	<b>Hot waffle &amp; chicken</b> <span style="float: right;"><b>30</b></span> 2 Chicken Tenders 1 ½ oz m/ma 2 <b>WG</b> Waffles (2.28 oz) Syrup 1 c <b>Pears</b> ½ c Prune Juice 1 c Milk	<span style="float: right;"><b>31</b></span> 2 oz <b>WG</b> 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
<b>Hot Lunch</b>	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  <b>Veg: Vegan Arroz con Pollo</b>	1 Stuffed Pepper 3 oz m/ma, ½ c <b>WG</b> Rice 1 oz ½ c Green Pepper 1 oz WG Biscuit w Butter ½ c Winter Squash ½ c Peaches 1 c Milk  <b>Veg: ¼ c Soy Protein in Pepper</b>	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  <b>Veg: 3 oz sliced Cheeses</b>	4 oz Salisbury Steak & Country Gravy 2 oz <b>WG</b> Biscuit w Butter ½ c Roasted Cauliflower ½ c Garlic Mashed Potatoes ½ c Fresh Pineapple 1 c Milk  <b>Veg: 3 oz Veggie Patty</b>	<b>Broccoli Cheddar with Chicken</b> 14 (2 oz) WG Triscuit type Cracker ½ c Cinnamon Glazed Carrots ½ c Steamed Spinach ½ c Tropical Fruit Salad 1 c Milk  <b>Veg: 1 c Broccoli Cheddar</b>
<b>Cold Lunch</b>	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 <b>Veg: 1 Powerhouse Wrap</b>	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 <b>Veg: ½ c Fresh Mozzarella, Cucumbers, Lett. &amp; Tom. &amp; Balsamic Vinagrette</b>	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 <b>Veg: 3 oz Chicx Strips</b>	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>	3 oz Grilled Chicken 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 <b>Veg: 1 Powerhouse Wrap</b>
<b>PM SNACK</b>	4 Sunflower Butter Balls 1 oz m/ma 1 c Milk	1 oz WW 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 <b>Peaches</b>