

|                   | MONDAY                                                                                                                                                                                                                                           | TUESDAY                                                                                                                                                                                                                                                              | WEDNESDAY                                                                                                                                                                                                              | THURSDAY                                                                                                                                                         | FRIDAY                                                                                                                                                                  |
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| <b>BREAKFAST</b>  | <b>Hot</b> ½ c WG Oatmeal<br>2<br>½ WG English Muffin butter<br>1 oz LS Turkey Spam alt Cheddar cheese<br>1 c Diced Peaches<br>½ c Pineapple Juice<br>½ Pint Milk                                                                                | 3<br>2 oz WG Bagel<br>1 oz Swiss Cheese butter<br>½ c Orange Juice<br>1 c Fruit Salad<br>½ Pint Milk                                                                                                                                                                 | 4<br>¾ c WG Bran Flakes<br>1 oz WG Toast Butter<br>1 TBSP Peanut Butter<br>½ c Cran Apple Juice<br>1 medium Banana, ¼ c raisins<br>½ Pint Milk                                                                         | 5<br><b>Hot</b><br>2 WG French Toast (2 oz) Syrup<br>1 oz LS Turkey Sausage<br>1 c Diced Pears<br>½ c Grape Juice<br>½ Pint Milk                                 | 6<br>3 oz WG Blueberry Muffin w Butter<br>½ c Yogurt<br>½ c Apple Juice<br>1 c Cantaloupe<br>½ Pint Milk                                                                |
| <b>Hot Lunch</b>  | Chicken Noodle Bowl (1 cup lomein, 3 oz chicken)<br>½ c Asian Blend<br>½ c Edamame<br>½ c Pears<br>1 c Milk<br><br>Veg: 3 oz chix strips                                                                                                         | 1 c Broccoli, Cheese & Rice Casserole (1/3 cup (No. 12 scoop) provides 0.5 oz meat/meat alternate, 1/4 cup of dark leafy green vegetable, and 0.25 oz grain equivalent)<br>1 oz WG Roll w Butter<br>½ c Peas & Carrots<br>½ c Pineapple<br>1 c Milk<br><br>Veg: Same | Korean Beef over Quinoa ½ c Quinoa, 1/3 c beef 1 oz grain 3 oz m/ma<br>1 oz WG Roll w Butter<br>½ c Broccoli<br>½ c Sweet Potato<br>½ c Cantaloupe<br>1 c Milk<br>Veg: 2 oz or Vegetarian Black Bean Burger* w Ketchup | 3 oz Oven Fried Chicken Breast<br>2 oz Corn Muffin w/ butter<br>½ c Pickled Beets<br>½ c Baked Beans<br>½ c Applesauce<br>1 c Milk<br><br>Veg: 2 oz chick strips | 3 oz Grilled Pollock<br>½ c Red Roasted Potatoes Wedges<br>1 oz WG Bun<br>½ c Steamed Kale<br>½ c Carrots<br>½ c Melon Salad<br>1 c Milk<br>Veg: 3 oz Chick Strips      |
| <b>Cold Lunch</b> | 1 ½ c Tropical Bean Salad 2.25 m/ma (w lettuce)<br>5/8 c veg 3/8 c Fruit<br>2 (1 oz) WW Bread Butter<br>1 c Lettuce<br>½ c Tropical Fruit Salad<br>1 c Milk<br><br>Veg: Same                                                                     | 3 oz Roast Beef<br>2 oz WW Roll<br>1 C Spinach Salad<br>½ c Coleslaw, 1 PC Mayo<br>1 Banana<br>1 c Milk<br>Veg: ½ c Fresh Mozzarella, Cucumbers, Tomato & Balsamic Vinaigrette                                                                                       | 1 ½ c 5 a day Salad<br>1 c Spinach/Kale, ½ c other<br>Herb Vinaigrette<br>3 oz Sliced Turkey<br>2 oz WG Roll<br>1 PC Mayo<br>½ c Grapes<br>1 c Milk<br>Veg: 3 oz Cheese                                                | 3 oz Asian Chicken Salad<br>2 oz WG Roll w butter<br>1 c Asian Cucumber Salad<br>½ c Mandarin Oranges<br>1 c Milk<br><br>Veg: 3 oz Chicks Strips                 | ½ c Cottage Cheese 2 oz m/ma<br>1 oz String Cheese<br>2 oz WG Blueberry Muffin<br>½ c Peach Cobbler<br>¾ c Lentil Salad<br>½ c Apricots<br>1 c Milk<br>Vegetarian: Same |
| <b>PM SNACK</b>   | ½ c Mixed Berries<br>½ c Cottage Cheese                                                                                                                                                                                                          | ½ c Fruited Yogurt<br>1 oz WG Granola                                                                                                                                                                                                                                | 1 WG Biscuit w Jelly<br>½ c Pineapple Tidbits                                                                                                                                                                          | ½ c Peaches<br>1 Muffin                                                                                                                                          | 2 String Cheese<br>8 WG Ritz Crackers                                                                                                                                   |
| <b>BREAKFAST</b>  | <b>Hot</b> Sunshine Taco<br>¼ c Egg & Cheese, 6 inch WG Flour Tortilla<br>1 oz WG Toast Butter<br>½ c Tomato Juice<br>1 c Tropical Fruit Salad Pineapple Papaya Guava<br>½ Pint Milk                                                             | 9<br>Yogurt Bowl **<br>½ c Plain Yogurt 1 oz m/ma<br>½ c WG Granola 2 oz<br>1 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple)<br>½ c Orange Juice<br>½ Pint Milk                                                                                               | 11<br>¾ c WG Kix Cereal<br>1 oz WG Toast<br>1 TBSP Almond Butter<br>1 Medium Banana<br>½ c Apple Slices alt 1 c Applesauce<br>½ Pint Milk                                                                              | <b>Hot waffle &amp; chicken</b><br>12<br>2 Chicken Tenders<br>2 WG Waffles (2.28 oz) Syrup<br>1 c Pears<br>½ c Prune Juice<br>½ Pint Milk                        | 13<br>2 oz WG Biscuit Honey & Butter<br>½ c Yogurt<br>1 c Cantaloupe<br>½ c Cranberry Juice<br>½ Pint Milk                                                              |
| <b>Hot Lunch</b>  | 3 oz Chicken & Gravy<br>1 c Stuffing<br>¾ c Cabbage<br>¾ c pineapple<br>1 c Milk<br><br>Veg: 3 oz Vegetarian Patty                                                                                                                               | 1 c Ropa Vieja (2 oz m/ma ½ c Vegetables)<br>1 c WG Rice (2 oz Grain)<br>1 c Spanish Style Greens (Grellos)<br>½ c Pears<br>1 c Milk<br><br>Veg 1 c Bean Ropa Vieja 3 oz m/ma                                                                                        | 1 Cheese Bean Burrito<br>(1 oz grain equivalent and 3/4 cup red/orange vegetable and 1/8 cup legume)<br>½ WG Roll w/ butter<br>½ c Broccoli<br>½ c Strawberries<br>1 c Milk<br>Veg: Same                               | 1 c Sweet & Spicy Beef "Stir-fry" 3 oz m/ma, ½ c vegs<br>1 c WG Rice<br>½ c Green Beans<br>½ c Mandarin Oranges<br>1 c Milk<br>Veg: 3 oz Tofu „Stir fry“         | 3 oz Oven Roasted Haddock<br>½ c WG Cilantro Rice<br>1 oz WG Roll<br>3/4 c Hot Cherry Crisp<br>½ c Pickled Cabbage Salad<br>1 c Milk<br>Veg: ¾ c Seasoned Lentils       |
| <b>Cold Lunch</b> | Chef Salad<br>(½ oz Swiss Cheese, 1 ½ oz Roast Beef 1 Egg wedged)<br>2 oz WG Corn Muffin<br>1 c Mixed Greens Lettuce w Herb Vinaigrette<br>½ c Cherry Tomato & Cuke<br>1 Orange in Wedges<br>1 c Milk<br>Veg: Veg: 3 oz Fresh Mozzarella cheese, | Pasta Salad<br>1 oz WW Bun<br>½ c Red & Green Pepper strips w Italian<br>½ c Mediterranean Chickpea Salad<br>½ c Apricots<br>1 c Milk<br><br>Veg: Plain Pasta Salad                                                                                                  | 2 oz Turkey<br>2 oz Roll<br>1 c Field Greens w/ Ranch<br>½ c Red Bean Salad<br>1 PC Mayo<br>½ c Honeydew<br>1 c Milk<br>Veg: ½ C Fresh Mozzarella, Cucumbers, Tomato & Balsamic Vinaigrette                            | ½ c Cottage Cheese<br>1 oz String Cheese<br>2 oz WG Apple Muffin<br>½ c Applesauce<br>½ c Fruit Compote<br>½ c Mango<br>1 c Milk<br><br>Veg: Same                | 3 oz Tuna Salad<br>2 oz WW English Muffin<br>1 c Spinach Salad w Balsamic Vinaigrette<br>½ c Beet Salad<br>1 Banana<br>1 c Milk<br><br>Veg: ½ c Hummus 1 oz Provolone   |

## VDA ADHC SENIOR MEALS – MAY MENU



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| <b>PM SNACK</b>   | 1 oz WW Crackers<br>¾ oz IW Cheddar Cheese                                                                                                                                      | ½ c Cucumbers w/Honey Mustard Dip<br>¾ oz WG Goldfish                                                                                                                                           | 1 Blueberry Muffin<br>½ c Peaches                                                                                                                                          | ½ c Mixed Berries<br>½ c Cottage Cheese                                                                                                                                                                      | 2 Oatmeal Cookies<br>½ c (4 oz) Vanilla Yogurt                                                                                                                                        |
|                   |                                                                                                                                                                                 |                                                                                                                                                                                                 |                                                                                                                                                                            |                                                                                                                                                                                                              |                                                                                                                                                                                       |
| <b>MONDAY</b>     |                                                                                                                                                                                 | <b>TUESDAY</b>                                                                                                                                                                                  |                                                                                                                                                                            | <b>WEDNESDAY</b>                                                                                                                                                                                             |                                                                                                                                                                                       |
| <b>BREAKFAST</b>  | <b>Hot</b> Cheesy Grits 16<br>½ c Hot Grits<br>¼ c Shredded Cheddar<br>½ WG English Muffin (1 oz WG) w/ PC Jelly<br>1 c Melon Salad<br>½ c Pineapple Juice<br>½ Pint Milk       | ¾ c WG Crispy Rice Cereal 17<br>1 oz WG Toast butter<br>1 TBSP Almond Butter<br>1 medium Banana<br>½ c Orange Juice<br>½ Pint Milk                                                              | ¾ c WG Chex Cereal 18<br>1 oz WG Toast butter<br>1 oz Cheddar Cheese<br>1 c Fruit Cocktail<br>½ c Cran-Apple Juice<br>½ Pint Milk                                          | <b>Hot</b> 19<br>1 c Roasted Potatoes & Turkey Hash<br>1 WG English Muffin Butter<br>¼ c steamed greens<br>½ c Apple Juice<br>½ Pint Milk                                                                    | 2 oz WG Biscuit Butter and Jelly 20<br>½ Yogurt<br>1 c Honeydew<br>½ c Grape Juice<br>½ Pint Milk                                                                                     |
| <b>Hot Lunch</b>  | Meatloaf 2 1/2 oz equivalent meat/meat alternate<br>2 oz WG Roll w Butter<br>½ c Green<br>½ c Pimento Corn<br>½ c Baked Apple/Applesauce<br>1 c Milk<br>Veg: 3 oz Chicks Strips | 2 Oven Fried Chicken Legs 3 oz<br>2 oz WG Corn Muffin w Butter<br>½ c Garlic Green Bean<br>½ c Creole Style Black Eyed Peas<br>¼ c Cherry Cobbler<br>1 c Milk<br>Veg: 3 oz Chicks Tenders 1 ¼ c | 1 ¼ c Vegetarian Lasagna 3ozm/ma, ½ c noodles (1 oz grain)<br>1 oz Garlic Bread<br>1 c Broccoli & Cauliflower<br>½ c Tangerine<br>1 c Milk<br>Veg: Same                    | 3 oz Chicken in Orange Sauce<br>1 c WG Rice<br>½ c Stir Fry Vegetables<br>½ c Cauliflower<br>½ c Pineapple<br>1 c Milk<br>Veg: 3 oz chix strips in orange sauce                                              | 1 ¼ c Macaroni & Cheese 1 ½ oz Cheese, 1 c noodles 7.1 oz<br>½ c Vegetarian Baked Beans 2 oz m/ma<br>½ c Cucumber Salad<br>½ c Stewed Tomatoes<br>½ c Grapes<br>1 c Milk<br>Veg: Same |
| <b>Cold Lunch</b> | 3 oz Grilled Chicken<br>2 oz WW Bun<br>½ C Red & Green Pepper Strips<br>½ C Mixed Bean Salad<br>1 PC Mayo<br>1 Banana<br>1 C Milk<br>Veg: 3 oz Fresh Mozzarella cheese.         | 2 oz Roast Beef 1 oz Cheese<br>2 SI WW Bread<br>½ c Cole Slaw<br>½ c Italian Tomato Salad<br>1 PC Mayo<br>½ c Peaches<br>1 c Milk<br>Veg: 1 Black Bean Powerhouse                               | 1 c Pesto Pasta Salad 2 oz Grain<br>3 oz Chicken<br>1 c Field Greens w Italian<br>½ c Fruit Salad<br>½ c Cucumber Vinaigrette<br>1 c Milk<br>Veg: Same w/ 3 oz cheese      | 2 oz Turkey 1 oz Cheese<br>2 WW Bread 2 oz<br>½ c Lettuce ¼ c Tomato<br>½ c Black Bean Salad<br>1 PC Mayo<br>1 Banana<br>1 c Milk<br>Veg: ½ c Hummus 1 oz Provolone                                          | 1 Powerhouse Wrap<br>¾ c Black Beans,<br>2 WW Tortilla (6 in 2.6 oz)<br>1 c Tossed Green Salad w Italian<br>½ c Honeydew<br>½ c Broccoli Salad<br>1 c Milk<br>Veg: Same               |
| <b>PM SNACK</b>   | ½ WG English Muffin<br>2 TBSP Sunbutter                                                                                                                                         | ½ c Pineapple Tidbits<br>1 oz WG Goldfish                                                                                                                                                       | 2 IW Cheddar Cheese<br>8 WG Ritz Crackers                                                                                                                                  | .9 oz Mini Muffin<br>½ c Tropical Fruit Salad Pineapple Papaya                                                                                                                                               | ½ c Vanilla Yogurt<br>½ c Pears                                                                                                                                                       |
| <b>BREAKFAST</b>  | <b>Hot</b> 23<br>2 WG Waffles & Syrup<br>1 oz LS Turkey Sausage<br>1 c Pears<br>½ c Pineapple Juice<br>½ Pint Milk                                                              | ¾ c WG Bran Flake Cereal 24<br>1 oz WG Toast butter<br>1 TBSP Peanut Butter<br>1 c Fruit Cocktail<br>1 medium Banana<br>½ Pint Milk                                                             | MYO Parfait 25<br>8 oz Fruited Yogurt<br>½ c Nut free Granola<br>1 c Mixed Berries<br>½ c Cran-Apple Juice<br>½ Pint Milk                                                  | <b>Hot</b> 26<br>½ c Cream of Wheat w ¼ c Cheddar Cheese<br>1 oz WG Toast w Butter<br>½ c Cran-Apple Juice<br>1 c Apple Slices<br>1 c Milk                                                                   | 2 oz WG Blueberry Muffin 27<br>½ c Yogurt<br>1 c Honeydew<br>½ c Grape Juice<br>½ Pint Milk                                                                                           |
| <b>Hot Lunch</b>  | 2 Oven Fried Chicken Legs 3 oz<br>2 oz WG Biscuit w Butter<br>½ c Roasted Cauliflower<br>½ c Black Eyed Peas<br>1 Apple Slices<br>1 c Milk<br>Veg: 3 oz Vegan Nuggets           | 1 Stuffed Pepper 3 oz m/ma,<br>½ c WG Rice 1 oz<br>½ c Green Pepper<br>1 oz WG Biscuit w Butter<br>½ c Zucchini<br>½ c Peaches<br>1 c Milk<br>Veg: ¾ c Soy Protein in Pepper                    | 4 oz Turkey Burger with Tzatziki 3 oz m/ma, ½ c vegetable<br>1 (2.5 oz) WG Pita<br>½ c Seasoned Green Beans<br>½ c Berries<br>1 c Milk<br>Vegetarian: ¾ c Seasoned Lentils | 1 c Arroz con Pollo<br>2 tenderloin 3 oz m/ma<br>½ c Vegetables (bell pepper onion tomato)<br>½ c WG Rice<br>1 oz WG Roll w butter<br>½ c Red Beans<br>½ c Apricot<br>1 c Milk<br>Veg: Vegan Arroz con Pollo | 3 oz Baked Cajun Fish (3 oz m/ma)<br>½ c Rice Pilaf<br>½ c Broccoli<br>½ c Carrots<br>½ c Strawberries<br>1 c Milk<br>Veg: Cajun Style Beans                                          |

## VDA ADHC SENIOR MEALS – MAY MENU



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| Cold Lunch | Beef Caesar Salad<br>3 oz Beef strips<br>2 oz WG Roll<br>1 c Caesar Salad field greens salad<br>½ c Green & Red Pepper Strips<br>1 Clementine Orange<br>1 c Milk<br>Veg: 2 oz chicx strips | 2 oz Turkey 1 oz Cheese<br>2 WW Bread 2 oz<br>½ c Lettuce ¼ c Tomato<br>1 PC Mayo<br>½ c Mediterranean Chickpea Salad<br>1 Banana<br>1 c Milk<br>Veg: ½ c Fresh Mozzarella, Cucumbers, Lett. & Tom. & Balsamic Vinaigrett                                                           | Spinach Strawberry Feta Salad<br><small>(2 oz grain equivalent, 3 oz meat/meat alternate, 1/2 cup dark leafy green vegetable)</small><br>3oz Chicken Breast<br>2 oz WG Roll<br>½ c Beet Salad<br>½ c Mango<br>1 c Milk<br>Veg:3 oz Chicx Strips | 3 oz Tuna Salad<br>2 oz WG Roll<br>½ c Marinated Vegetable Salad<br>½ c Cucumber Salad<br>½ c Cantaloupe<br>1 c Milk<br><br>Veg: ½ c Hummus 1 oz Provolone | 8 oz Yogurt<br>1 oz String Cheese<br>2 oz WG Blueberry Muffin<br>½ c Italian Tomato Salad<br>1 c Field Greens Salad w Italian<br>½ c Fresh Fruit Salad<br>1 c Milk<br>Veg: Same |
| PM SNACK   | 1 oz Cheddar Cheese<br>.9 oz Mini Muffin                                                                                                                                                   | 4 Squares Graham Crackers<br>½ c Tootie Fruity Chip Dip                                                                                                                                                                                                                             | 1 oz Turkey on a<br>1 oz WG slider bun                                                                                                                                                                                                          | ½ c Cantaloupe<br>4 oz Vanilla Yogurt                                                                                                                      | ¼ c Pimento Cheddar Cheese 1 ½ oz m/ma<br>1 oz WW Bread                                                                                                                         |
| MONDAY     |                                                                                                                                                                                            | TUESDAY                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                 | FRIDAY                                                                                                                                                     |                                                                                                                                                                                 |
| BREAKFAST  | <div>30</div> <div></div> <div>AMERICA'S REAL SUPER HEROES</div>                                         | 31                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                 |                                                                                                                                                            |                                                                                                                                                                                 |
|            |                                                                                                                                                                                            | 2 oz WG Bagel<br>1 oz Swiss Cheese butter<br>½ c Orange Juice<br>1 c Fruit Salad<br>½ Pint Milk                                                                                                                                                                                     |                                                                                                                                                                                                                                                 |                                                                                                                                                            |                                                                                                                                                                                 |
|            |                                                                                                                                                                                            | 1 c Broccoli, Cheese & Rice Casserole <small>(1/3 cup (No. 12 scoop) provides 0.5 oz meat/meat alternate, 1/4 cup of dark leafy green vegetable, and 0.25 oz grain equivalent)</small><br>1 oz WG Roll w Butter<br>½ c Peas & Carrots<br>½ c Pineapple<br>1 c Milk<br><br>Veg: Same |                                                                                                                                                                                                                                                 |                                                                                                                                                            |                                                                                                                                                                                 |
|            |                                                                                                                                                                                            | 3 oz Roast Beef<br>2 oz WW Roll<br>1 C Spinach Salad<br>½ c Coleslaw<br>1 PC Mayo<br>1 Banana<br>1 c Milk<br>Veg: ½ c Fresh Mozzarella, Cucumbers, Tomato & Balsamic Vinaigrette                                                                                                    |                                                                                                                                                                                                                                                 |                                                                                                                                                            |                                                                                                                                                                                 |
| Hot Lunch  |                                                                                                                                                                                            | ½ c Fruited Yogurt<br>1 oz WG Granola                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                 |                                                                                                                                                            |                                                                                                                                                                                 |
| Cold Lunch |                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                 |                                                                                                                                                            |                                                                                                                                                                                 |
| PM SNACK   |                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                 |                                                                                                                                                            |                                                                                                                                                                                 |