

VDA ADHC SENIOR CENTER – JUNE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST				Hot Egg Sandwich 1 1 WG Egg Sandwich 1 oz m/ma 1 oz gr 1 Mini Muffin .9 oz ½ c Tropical fruit, ½ c stewed prunes ½ c Orange Juice 1 c Milk	3 oz WG Bran Muffin Butter 2 ½ c Yogurt ½ c 100% Cran-Apple 1 c Melon Salad 1 c Milk
Hot Lunch				1 Stuffed Cabbage (½ C WG Rice) 1 oz Roll ½ c Squash ½ c Garden Cannellini Bean Salad ½ c Clementine 1 c Milk Veg: 3 oz vegetarian patty	3oz Baked Cajun Fish Fish can be too soft and breaks apart though they like it and don't remove the fish ½ c Rice Pilaf 1 oz WG Roll w Butter. ½ c Peas ½ c Italian Blend zucchini, carrots, cauliflower, lima beans, green beans ½ c Watermelon
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 Grapes 1 c Milk Veg: 3 oz Chicks Strips	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				4 squares Graham Crackers ½ oz ½ c Cranberry Juice	.9 oz Blueberry Mini Muffin ½ c Apricots
BREAKFAST	Hot ½ c WG Oatmeal 5 ½ WG English Muffin butter 1 oz LS Turkey Spam alt Cheddar cheese 1 c Diced Peaches ½ c Pineapple Juice 1 c Milk	2 oz WG Bagel 6 1 oz Swiss Cheese butter ½ c Orange Juice 1 c Fruit Salad 1 c Milk	¾ c WG Bran Flakes 7 1 oz WG Toast Butter 1 TBSP Peanut Butter ½ c Cran Apple Juice 1 medium Banana, ¼ c raisins 1 c Milk	Hot waffle & chicken 8 2 Chicken Tenders 2 WG Waffles (2.28 oz) Syrup 1 c Pears ½ c Prune Juice 1 c Milk	3 oz WG Blueberry Muffin Butter 9 ½ c Yogurt ½ c Apple Juice 1 c Cantaloupe 1 c Milk
Hot Lunch	1 c Broccoli Cheese & Rice Casserole (1.5 oz M/MA, 1 WG oz, .05 veg) 1 oz WG Roll w Butter. 1 oz String Cheese ½ c Roasted Carrots ½ c Pineapple 1 c Milk Veg: Same	1 c Chicken Burrito Bowl (1 oz WG, 2 oz M/MA, ¾ c vegt – roasted peppers) 1 oz Pita Bread 1/2 c Elotes ½ c Pears 1 c Milk Veg: 1 c Bean Burrito Bowl	1 ¼ c Macaroni & Cheese 1 ½ oz <i>Cheese</i> , 1 c <i>WG noodles</i> 7.1 oz ½ c Vegetarian Baked Beans ½ c Cherry Tomatoes Salad ½ c Sautéed Collards ½ c Grapes 1 c Milk Veg: Same	3 oz Swedish Meatballs & Gravy 2 oz WG Biscuit ½ c Mashed Potatoes ½ c Creamed Spinach ½ c Peach Cobbler 1 c Milk Veg: 3 oz vegetarian meatballs	1.25 c Sweet Chili Tofu Asian Noodle Bowl (2 oz MMA, 2 oz grain, 1/2 c veg. Broccoli, edamame, carrots, red Pepper) ½ c Cucumber Salad ½ c Honeydew 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 ½ c Apricots 1 c Milk Veg: 1 oz cheese, 2 eggs	BTL Pasta Salad 1 oz WW Bun ½ c Red & Green Pepper strips w Italian ½ c Mediterranean Chickpea Salad 1 Orange in Wedges 1 c Milk Veg: 3 oz Egg Salad	2 oz Fresh Mozzarella 2 oz Pita Bread ½ c Vegetable Bruschetta 1 c Field Greens w/ Ranch ½ c Watermelon 1 c Milk Veg: Same	1 Powerhouse Wrap ¾ c <i>Black Beans</i> 3 oz m/ma, 2 <i>WW Tortilla</i> (6 in 2.6 oz) ½ c Celery & Parsley Salad ½ c Creamy Dill Cucumber Salad ½ c Mixed Berries 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 c Mixed Berries need JDL to thaw before sending ½ c Cottage Cheese	½ c Fruited Yogurt 1 oz WG Granola	1 WG Biscuit w Jelly ½ c Pineapple Tidbits	½ c Peeches 0.9 oz mini muffin	1 oz String Cheese 8 WG Ritz Crackers

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BREAKFAST	Hot Sunshine Taco 12 ¼ c Egg & Cheese, 6-inch WG Flour Tortilla 1 oz WG Toast Butter ½ c Apple Juice 1 c Tropical Fruit Salad Pineapple Papaya Guava 1 c Milk	BREAKFAST	Yogurt Bowl ** 13 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 1 c Milk	BREAKFAST	¼ c WG Kix Cereal 14 1 oz WG Toast 1 TBSP Almond Butter ½ c Strawberries 1 c Apple Slices alt 1 c Applesauce 1 c Milk	BREAKFAST	Hot 15 2 WG French Toast (2 oz) Syrup 1 oz LS Turkey Sausage 1 c Diced Pears ½ c Grape Juice 1 c Milk	BREAKFAST	2 oz WG Biscuit Honey & Butter 16 ½ c Yogurt 1 c Cantaloupe ½ c Cranberry Juice 1 c Milk
Hot Lunch	1 c Spaghetti & Meat Sauce 2 oz m/ma, 1 oz grain ½ c Garlic Mushrooms 1/2 c Italian Green Beans ½ c Pears 1 c Milk Veg: Spaghetti w/ Cheese	Hot Lunch	1 cup Fish Chowder (1/2 c vege (1/4 c starch, 1/8 c red/orange, 1/8 cup other, 2 oz M/MA) 2 oz WG Roll w/ butter. 3/4 c Hot Cherry Crisp 1 c Field Greens w/ Balsamic Dressing 1 c Milk Veg: Same	Hot Lunch	1 ¼ c Vegetarian Lasagna 3ozm/ma, ½ c noodles (1 oz grain) 1 oz Garlic Bread 1 c Steamed Broccoli & Cauliflower ½ c Tropical Fruit Salad 1 c Milk Veg: Same	Hot Lunch	2 Oven Fried Chicken Legs 2 oz WG Corn Muffin w Butter ½ c Steamed Collards ½ c Marinated Black Bean Salad ¾ c Cherry Cobbler 1 c Milk Veg: 3 oz Chicks Tenders	Hot Lunch	1 Cheesy Bean Burrito ½ c WG Rice (1 oz grain) ½ c Corn ½ c Strawberries 1 c Milk Veg: Same
Cold Lunch	3 oz Chicken Salad 2 oz WG Roll 1 c Field Greens w Italian ½ c Mixed Bean Salad ½ c Peaches 1 c Milk Veg: ½ c Cucumber, ½ c Hummus & 1 oz Provolone	Cold Lunch	3 oz Grilled Chicken 2 oz WW Bun ½ C Red & Green Pepper Strips ½ c Beet Salad 1 PC Mayo ½ c Melon Salad 1 C Milk Veg: 3 oz Egg Salad	Cold Lunch	1 c Fruited Yogurt 1 oz String Cheese 2 oz WG Blueberry Muffin ½ c Mixed Fruit 1 Banana ½ c Clementine 1 c Milk Veg: Same	Cold Lunch	1 c Pesto Salad 3 oz Chicken 1 c Spinach Strawberry Salad w Raspberry Vinaigrette ½ c Fruit Salad ½ c Cucumber Vinaigrette 1 c Milk Veg: Same w/ 3 oz cheese	Cold Lunch	1 C Chickpea Waldorf Salad (2.25 oz M/MA, ½ c fruit, ¼ cup Dark green veg, ¼ c other vege) 2 oz Crackers ½ c Mango ½ c Broccoli Salad 1 c Milk Veg: Same
PM SNACK	1 oz WW Crackers ¾ oz IW Cheddar Cheese	PM SNACK	2 oz chicken salad 1 WG slider roll	PM SNACK	.9 oz Blueberry Mini Muffin ½ c Peaches	PM SNACK	½ c Mixed Berries (Needs to be thawed) ½ c Cottage Cheese	PM SNACK	2 Oatmeal Cookies ½ c (4 oz) Vanilla Yogurt
BREAKFAST	Hot Cheesy Grits 19 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	BREAKFAST	¾ c WG Crispy Rice Cereal 20 1 oz WG Toast butter 1 TBSP Almond Butter 1 medium Banana ½ c Orange Juice 1 c Milk	BREAKFAST	¾ c WG Chex Cereal 21 1 oz WG Toast butter 1 oz Cheddar Cheese 1 c Fruit Cocktail ½ c Cran-Apple Juice 1 c Milk	BREAKFAST	Hot 22 1 c Roasted Potatoes & Turkey Hash ¾ c veg 1 1/8 oz m/ma. 1 WG English Muffin Butter ¼ c Mandarin Oranges ½ c Apple Juice 1 c Milk	BREAKFAST	2 oz WG Biscuit Butter and Jelly 23 ½ Yogurt 1 c Honeydew ½ c Grape Juice 1 c Milk
Hot Lunch	1 ¼ c Beef Pot Pie (3 oz m/ma, ½ c carrots & peas) 2 oz WG Biscuit ½ c steamed kale ½ c Fruit Cocktail 1 c Milk Veg: 1 ¼ c Soy Beef Protein in Pot Pie	Hot Lunch	2 cup Jambalaya (2 oz M/MA, ½ c veg, 2 oz WG grain) 1 oz Cornbread ½ c Green Beans ½ c Strawberries 1 c Milk Veg: 2 cup chick stick jambalaya	Hot Lunch	1 c Vegetarian Lentil Soup 2 ½ oz m/ma and ¼ c vegetable 14 (2 oz) WG Triscuit type Cracker ½ c Carrots ½ c Steamed Collard Greens ½ c Tropical Fruit Salad 1 c Milk Veg: Same	Hot Lunch	2 Oven Fried Chicken Leg 2 oz WG Biscuit w Butter ½ c Roasted Cauliflower ½ c Black Eyed Peas ½ c Mixed Berries 1 c Milk Veg: 3 oz Vegan Nuggets	Hot Lunch	3 oz Grilled Pollock ½ c WG Cilantro Rice (3 oz grain) 1oz WG Bun ½ c Steamed Kale ½ c Black Bean Salad ½ c Apple 1 c Milk Veg: Vegan Fish Patty
Cold Lunch	Chicken Caesar Salad 3 oz chicken strips 2 oz WG Roll 1 c Caesar Salad field greens salad ½ c Green & Red Pepper Strips ½ c Peaches 1 c Milk Veg: 2 oz chicx strips	Cold Lunch	2 oz Roasted Vegetable Pasta Salad w/ ranch dressing (1/4 c red/orange, ¼ c dark green, 1 oz grain) 2 oz Fresh Mozzarella 1 oz Tortilla Chips ½ c Mediterranean Chickpea Salad 1 Banana 1 c Milk Veg: Same	Cold Lunch	Spinach Strawberry Feta Salad 3oz Chicken diced Breast. 2 oz WG Roll ½ C Broccoli w Caesar Dressing ½ c Green & Red Pepper Strips ½ c Grapes 1 c Milk Veg: 3 oz Chicx Strips	Cold Lunch	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	Cold Lunch	3 oz Grilled Chicken 2 (1 oz) WG Sliced Bread ½ c Lettuce ¼ c Tomato 1 PC Mayo ½ c Potato Salad ½ c Watermelon 1 c Milk Veg: 1 Powerhouse Wrap
PM SNACK	½ WG English Muffin 2 TBSP Sunbutter	PM SNACK	½ c Pineapple Tidbits 1 oz WG Goldfish	PM SNACK	2 oz Egg Salad 1 WG slider roll	PM SNACK	.9 oz Mini Muffin ½ c Tropical Fruit Salad Pineapple Papaya	PM SNACK	½ c Vanilla Yogurt ½ c Pears

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 26	¾ c WG Scooter cereal 1 WG Toast 1 oz Butter 1 TBSP Sun Butter ½ c Apple Juice ¼ c Raisins 1 Medium Banana 1 c Milk 27	2 oz WG Bagel W Cream Cheese pc 1 oz Cheese ½ c Pineapple Juice 1 c Grape's alt 1 c Applesauce 1 c Milk 28	Hot Egg Sandwich 1 WG Egg Sandwich 1 oz m/ma 1 oz gr 1 Mini Muffin .9 oz ½ c Tropical fruit, ½ c stewed prunes ½ c Orange Juice 1 c Milk 29	3 oz WG Bran Muffin Butter ½ c Yogurt ½ c 100% Cran-Apple 1 c Melon Salad 1 c Milk 30
Hot Lunch	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 Broccoli ½ c Sweet Potato ½ c Mixed Fruit 1 c Milk Veg: 2 oz Vegetarian Black Bean Burger* w Ketchup	½ c Honey Lime Chicken ½ WG Pita 1 c Curried Vegetable Couscous ½ c Carrots ½ c Apple Slices / Applesauce (4-6) 1 c Milk Veg: ¾ c Moroccan Chickpeas 3 oz	1.5 cup Chicken Fajita Pasta (2 oz M/MA, 2 oz WG, ½ cup vegetable – red peppers, green peppers, corn) ½ c Garlic Mushrooms ½ c Sauteed Zucchini ½ c Strawberries 1 c Milk Veg: 1.5 c Chix strips fajita pasta	1 Stuffed Cabbage (½ C WG Rice) 1 oz Roll ½ c Squash ½ c Garden Cannellini Bean Salad ½ c Clementine 1 c Milk Veg: 3 oz vegetarian patty	3oz Baked Cajun Fish Fish can be too soft and breaks apart though they like it and don't remove the fish ½ c Rice Pilaf 1 oz WG Roll w Butter. ½ c Peas ½ c Italian Blend zucchini, carrots, cauliflower, lima beans, green beans ½ c Watermelon 1 c Milk Veg: Vegan Fish Patty
Cold Lunch	1 c BBQ Chicken Salad 2 oz WG Bun ½ c Southwest Corn Salad ½ c Coleslaw ½ c Tropical Fruit Salad 1 c Milk Veg: BBQ Chix 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 Green Leafy Lettuce ½ c Cantaloupe 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 Asian Chicken Salad 2 oz WG Roll w butter. ½ c Asian Cucumber Salad ½ c Zucchini & Tomato Salad ½ c Grapes 1 c Milk Veg: 3 oz Chicks Strips	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 WG Biscuit Jelly ½ c Tropical Fruit Salad Pineapple Papaya Guava	1 oz WG Oyster Crackers ½ c (4 oz) Yogurt	1 oz WW Wheat Crackers ¾ c IW Cheddar Cheese	4 squares Graham Crackers ½ oz ½ c Cranberry Juice	.9 oz Blueberry Mini Muffin ½ c Apricots