





VDA ADHC SENIOR MEALS – NOVEMBER MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
BREAKFAST	1	2	3	4	5	6	7	8	9
	Hot ½ c WG Oatmeal ½ WG English Muffin butter 1 oz LS Turkey Spam alt Cheddar cheese 1 c Diced Peaches	2 oz WG Bagel 1 oz Swiss Cheese butter ½ c Orange Juice 1 c Fruit Salad ½ Pint Milk	¾ c WG Bran Flakes 1 oz WG Toast Butter 1 TBSP Peanut Butter ½ c Cran Apple Juice 1 medium Banana, ¼ c raisins	Hot waffle & chicken 2 Chicken Tenders 2 WG Waffles (2.28 oz) Syrup 1 c Pears ½ c Prune Juice	3 oz WG Blueberry Muffin Butter ½ c Yogurt ½ c Apple Juice 1 c Cantaloupe (Small Diced) ½ Pint Milk	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH
	1 c Chicken and Rice <small>2 tenderloin 3 oz m/ma ½ c Vegetables (bell pepper onion tomato)</small> 1 c WG Rice (2 oz) ½ c Red Beans ½ c Pineapple 1 c Milk <i>Vegetarian: Vegan Arroz con Pollo</i>	1 c Beef Pad Thai over <small>https://easyhealthyrecipes.com/beef-pad-thai/ ½ c bean sprouts 3 oz m/ma</small> 1 c WG Linguini Noodles 1 c Spinach in Garlic Sauce ½ c Cantaloupe (Small Diced) 1 c Milk <i>Veg: Tofu Pad Thai</i>	3 oz Grilled Pollock (3 oz m/ma) 1 oz WG Roll w Butter ½ c WG Rice (1 oz grain) ½ c Broccoli ½ c Butter Beans ½ c Mandarin Orange 1 c Milk <i>Veg: 3 oz sliced Cheeses</i>	4 oz Meatloaf & Gravy 1 oz WG Biscuit w Butter ½ c Grilled Zucchini ½ c Black Eyed Peas ½ c Honeydew 1 c Milk <i>Veg: 3 oz Veggie Patty</i>	1 ¼ c Chicken Pot Pie <small>3 oz chicken, ½ c Carrots & Peas</small> 2 oz WG Biscuit ½ c Steamed Greens ½ c Fruit Cocktail 1 c Milk <i>Veg: 2 CN WG Cheese Enchilada + IW Cheese provides 2.25 oz Meat alternate 2 oz WG</i>	COLD LUNCH	COLD LUNCH	COLD LUNCH	COLD LUNCH
	2 c Sesame Asian Noodle Bowl <small>3 oz m/ma, ½ c vegetables/</small> ½ c Snowpea & Radish Salad ½ c Mango 1 c Milk <i>Veg: 2 c Sesame NoodleTofu Bowl</i>	2 oz Turkey 1 oz Cheese 2 WW Bread 2 oz ½ c Lettuce ¼ c Tomato 1 PC mayo ½ c Mediterranean Chickpea Salad 1 Banana 1 c Milk <i>Veg: ½ c Fresh Mozzarella, Cucumbers, Lett. & Tom. & Balsamic Vinaigrette</i>	2 oz Roast Beef Mayo 1 oz Provolone Cheese 2 oz WG Roll ½ c Lettuce ¼ c Tomato 1 PC mayo ½ c Pickled Beets ½ c Waldorf Salad 1 c Milk <i>Veg: ½ c Hummus 1 oz Provolone</i>	¾ c Barbecue Chicken Salad 2 oz WG Corn Muffin 1 c Mixed Greens Lettuce w Honey Mustard ½ c Cherry Tomato & Cuke ½ c Fresh Melon Salad (Small Diced) 1 c Milk <i>Veg: 1 oz cheese, 2 eggs</i>	3 oz Egg Salad 2 oz WG Roll ½ c Marinated Vegetable Salad 1 c Shredded Kale w herb Balsamic ½ c Cantaloupe (Small Diced) 1 c Milk <i>Vegetarian: Same</i>	PM SNACK	PM SNACK	PM SNACK	PM SNACK
	½ c Mixed Berries ½ c Cottage Cheese	½ c Fruited Yogurt 1 oz WG Granola	1 WG Biscuit w Jelly ½ c Pineapple Tidbits	½ c Peaches 0.9 oz mini muffin	1 oz String Cheese 8 WG Ritz Crackers	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	Hot Sunshine Taco ¼ c Egg & Cheese, 6 inch WG Flour Tortilla 1 oz WG Toast Butter ½ c Tomato Juice 1 c Tropical Fruit Salad <small>Pineapple Papaya Guava</small> ½ Pint Milk	Yogurt Bowl ** ½ c Plain Yogurt 1 oz m/ma ½ c WG Granola 2 oz 1 c Fresh Fruit Salad (Small Diced) ½ c Orange Juice ½ Pint Milk	¾ c WG Kix Cereal 1 oz WG Toast 1 TBSP Almond Butter ½ c Strawberries 1 c Applesauce ½ Pint Milk	Hot 2 WG French Toast (2 oz) Syrup 1 oz LS Turkey Sausage 1 c Diced Pears ½ c Grape Juice ½ Pint Milk	2 oz WG Biscuit Honey & Butter ½ c Yogurt 1 c Cantaloupe (Small Diced) ½ c Cranberry Juice ½ Pint Milk	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH
	6 Swedish Meatballs 3 oz beef ½ c WG Rice 1 oz WW Dinner Roll Butter ½ c Beets ½ c Hash Brown Potatoes 1 Banana 1 c Milk <i>Veg: ¾ c Baked Beans</i>	3 oz Chicken in Orange Sauce ¾ c WG Fried Rice 1 oz WG Roll w Butter ½ c Steamed Greens ½ c Steamed Sweet Potato ½ c Pear 1 c Milk <i>Veg: ¾ c Tofu in Orange Sauce ¼ c WG Vegetarian Fried Rice</i>	1 Stuffed Pepper <small>3 oz m/ma, WG Rice</small> 2 oz WG Biscuit w Butter ½ c Green Beans ½ c Roasted Pumpkin ½ c Melon Salad (Small Diced) 1 c Milk <i>Veg: ¾ c Soy Protein in Pepper</i>	3 oz Breaded Fish Filet 2.5 oz m/ma 1 oz grain 2 oz WG Bun ½ c Shredded Kale ½ c Peas ½ c Apple 1 c Milk <i>Veg: Same alt 3 oz sliced cheeses</i>	1 c Minestrone Soup (.5 oz m/ma, ¼ c vegetable) 1 c Cheesy Rice and Beans <small>2 oz m/ma 1 oz grain</small> 10 WG Ritz Crackers 1 oz grain ¾ c Fiesta Corn ½ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) (Small Diced) 1 c Milk <i>Veg: Same</i>	COLD LUNCH	COLD LUNCH	COLD LUNCH	COLD LUNCH
	Chicken Caesar Salad 3oz Chicken Strips 2 oz WG Apple Muffin 1 c Caesar Field Greens Salad W Caesar Dressing ½ c Green & Red Pepper Strips ½ c Tropical Fresh Fruit Salad 1 c Milk <i>Veg: 3 oz Chicx Strips</i>	Ranch Hand Lunch 2 Eggs 1 oz Cheese 2 oz WG Bran Muffin ½ c Cowboy Caviar ½ c Carrot Raisin Salad ½ c Grapes 1 c Milk <i>Veg: Same</i>	3 oz Asian Chicken Salad 2 oz WG Bran Muffin ½ c Asian Cucumber Salad ½ c Red Bean Salad ½ c Honeydew (Small Diced) 1 c Milk <i>Veg: 3 oz Chicks Strips</i>	3 oz Roast Beef mayo 2 oz WW Roll ½ c Broccoli Salad ½ c Edamame Cole Slaw ½ c Mandarin Oranges 1 c Milk <i>Veg: ½ c Fresh Mozzarella, Cucumbers, Tomato & Balsamic Vinaigrette</i>	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 Peaches 1 c Milk <i>Veg: Same</i>	PM SNACK	PM SNACK	PM SNACK	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 ½ c Cottage Cheese	2 Oatmeal Cookies ½ c (4 oz) Vanilla Yogurt				

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
BREAKFAST	15	16	17	18	19	20	21	22	23
BREAKFAST	<p>Hot Cheesy Grits ½ c Hot Grits ¼ c Shredded Cheddar ½ WG English Muffin (1 oz WG) w/ PC Jelly 1 c Melon Salad (Small Diced) ½ c Pineapple Juice ½ Pint Milk</p>	<p>¾ c WG Crispy Rice Cereal 1 oz WG Toast butter 1 TBSP Almond Butter 1 medium Banana ½ c Orange Juice ½ Pint Milk</p>	<p>¾ c WG Chex Cereal 1 oz WG Toast butter 1 oz Cheddar Cheese 1 c Fruit Cocktail ½ c Cran-Apple Juice ½ Pint Milk</p>	<p>Hot 1 c Roasted Potatoes & Turkey Hash ¾ c veg 1 1/8 oz m/ma 1 WG English Muffin Butter ¼ c steamed greens ½ c Apple Juice ½ Pint Milk</p>	<p>2 oz WG Biscuit Butter and Jelly ½ Yogurt 1 c Honeydew (Small Diced) ½ c Grape Juice ½ Pint Milk</p>	<p style="text-align: center;">Thanksgiving Day</p> 		<p style="text-align: center;">HAPPY Thanksgiving!</p> 	
HOT LUNCH	<p>2 (2 oz) Oven Fried Chicken Leg 2 oz Cornbread 1 WG Wheat Roll (2 oz) Butter ½ c Black Eyed Peas ½ c Glazed Carrots ½ c Apple Slices (4-6) 1 c Milk <i>Veg: 3 Chickenless Nuggets* w Ketchup</i></p>	<p>1 c Chili con Carne <small>4 oz meat & Meat Alternate, ½ c vegetable</small> 2 oz WG Corn Muffin w Butter 1 c Mixed Greens Salad w Ranch 1 Banana 1 c Milk <i>Veg: Vegetarian Chili</i></p>	<p>1 ½ c Chicken Curry Casserole <small>2 ½ oz m/ma, ½ veg, 1 ½ oz WG</small> 1 oz WG Roll w Butter ½ c Broccoli ½ c Pineapple 1 c Milk <i>Veg: 3 oz Chix Strips</i></p>	<p>Thanksgiving Day 3 oz Slice Turkey & Gravy ½ c Stuffing ½ c Sweet Potatoes ½ c Corn ¼ c Cranberry Sauce ½ c Pumpkin Pie 1 c Milk <i>Vegetarian: 3 oz Chickenless Nuggets (No Gravy) / Dinner Roll</i></p>	<p>¾ c Beef & Macaroni Casserole <small>2 oz beef, ¼ c WG ½ oz</small> 1 oz WG Roll w Butter ½ c Green Beans ½ c Zucchini 1 Orange in Wedges 1 c Milk <i>Veg: 3 oz Soy Protein & Macaroni</i></p>				
COLD LUNCH	<p>1 Powerhouse Wrap <small>¼ c Black Beans 3 oz m/ma, 2 WW Tortilla (6 in 2.6 oz)</small> ½ c Celery & Parsley Salad ½ c Creamy Dill Cucumber Salad ½ c Grapes 1 c Milk <i>Veg: 3 oz assorted cheese slices</i></p>	<p>2 oz Turkey 1 oz Swiss Mustard 2 oz WG Bun ½ c Lettuce, ¼ c Tomato 1 PC mustard ½ c Zucchini & Tomato Salad ½ c Pineapple Carrot Salad 1 c Milk <i>Veg: ½ c Fresh Mozzarella, Cucumbers, Lett. & Tom. & Balsamic Vinaigrette</i></p>	<p>½ c Cottage Cheese 1 oz String Cheese 2 oz WG Apple Muffin ½ c Honeydew ½ c Fruit Compote ½ c Cantaloupe (Small Diced) 1 c Milk <i>Veg: Same</i></p>	<p>3 oz Grilled Chicken Mayo 2 oz WW Bun ½ c Red & Green Pepper strips w Italian ½ c Mediterranean Chickpea Salad ½ c Apricots 1 c Milk <i>Veg: 3 oz Egg Salad</i></p>	<p>3 oz Tuna Salad 2 oz WW English Muffin 1 c Spinach Salad w Balsamic Vinaigrette ½ c Black Bean & Mango Salad 1 Banana 1 c Milk <i>Veg: ½ c Hummus 1 oz Provolone</i></p>				
PM SNACK	<p>½ WG English Muffin 2 TBSP Sunbutter</p>	<p>½ c Pineapple Tidbits 1 oz WG Goldfish</p>	<p>1 Hardboiled Egg 8 WG Ritz Crackers</p>	<p>.9 oz Mini Muffin ½ c Tropical Fruit Salad Pineapple Papaya</p>	<p>½ c Vanilla Yogurt ½ c Pears</p>				
BREAKFAST	22	23	24	25	26	<p style="text-align: center;">HAPPY Thanksgiving!</p> 		<p style="text-align: center;">HAPPY Thanksgiving!</p> 	
BREAKFAST	<p>Hot 2 WG Waffles & Syrup 1 oz LS Turkey Sausage 1 c Pears ½ c Pineapple Juice ½ Pint Milk</p>	<p>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</p>	<p>MYO Parfait 8 oz Fruited Yogurt ½ c Nut free Granola 1 c Mixed Berries ½ c Cran-Apple Juice ½ Pint Milk</p>	<p style="text-align: center;">HAPPY Thanksgiving!</p> 					
HOT LUNCH	<p>1 c WG Spaghetti 2 oz & ½ c sauce & 6 Meatballs <small>3 oz m/ma ½ c sauce</small> ½ c Zucchini ½ c Italian Blend 1 Orange in Wedges 1 c Milk <i>Veg: 2 Cheese Manicotti 3 oz meat alternate 2 oz grain</i></p>	<p>3/8 c (3 oz) Sloppy Turkey Joe 2 oz WG Bun ½ c Creole Style Black Eyed Peas ½ c Steamed Greens ½ c Waldorf Salad 1 c Milk <i>Veg: 3 oz Vegetarian Patty</i></p>	<p>1 c Wonton Noodle <small>Soup 3 wontons is 1 oz gr ¼ c chicken broth</small> 3 oz (½ c) Stir-fried thin sliced Beef in sauce ½ c WG Rice <small>1 oz WG</small> 1 c Broccoli & Mushrooms ½ c Tropical Fruit Salad 1 c Milk <i>Veg: ¼ c Diced Tofu w Broccoli & Mushrooms on ½ c WG Rice</i></p>			<p style="text-align: center;">HAPPY Thanksgiving!</p> 			
COLD LUNCH	<p>2 oz Turkey 1 oz Cheese 2 WW Bread 2 oz ½ c Lettuce ¼ c Tomato 1 PC mayo ½ c Black Bean Salad ½ c German Potato Salad 1 c Milk <i>Veg: 3 oz Egg Salad</i></p>	<p>1 c Fruited Yogurt 1 oz String Cheese 2 oz WG Blueberry Muffin ½ c Honeydew (Small Diced) ½ c Peaches ½ c Zucchini Tomato Salad 1 c Milk <i>Veg: Same</i></p>	<p>3 oz Tuna Salad 2 oz WW Roll ½ c Seasoned Green Bean Salad ½ c Fruit Salad (Small Diced) ½ c Cucumber Vinaigrette 1 c Milk <i>Vegetarian: Same</i></p>	<p style="text-align: center;">HAPPY Thanksgiving!</p> 					
PM SNACK	<p>1 oz Cheddar Cheese .9 oz Mini Muffin</p>	<p>4 Squares Graham Crackers (1 oz) ½ c Tootie Fruity Chip Dip</p>	<p>½ Pint Milk 1 c WG Chex Cereal (1 oz)</p>			<p style="text-align: center;">HAPPY Thanksgiving!</p> 			



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<p>Hot ½ c WG Oatmeal 29 ½ WG English Muffin butter 1 oz LS Turkey Spam alt Cheddar cheese 1 c Diced Peaches ½ c Pineapple Juice ½ Pint Milk</p>	<p>30 2 oz WG Bagel 1 oz Swiss Cheese butter ½ c Orange Juice 1 c Fruit Salad ½ Pint Milk</p>			
Hot Lunch	<p>1 c Chicken and Rice 2 tenderloin 3 oz m/ma ½ c Vegetables (bell pepper onion tomato) 1 c WG Rice (2 oz) ½ c Red Beans ½ c Pineapple 1 c Milk <i>Vegetarian: Vegan Arroz con Pollo</i></p>	<p>1 c Beef Pad Thai over https://easyhealthyrecipes.com/beef-pad-thai/ ½ c bean sprouts 3 oz m/ma 1 c WG Linguini Noodles 1 c Spinach in Garlic Sauce ½ c Cantaloupe (Small Diced) 1 c Milk <i>Veg: Tofu Pad Thai</i></p>			
Cold Lunch	<p>2 c Sesame Asian Noodle Bowl 3 oz m/ma, ½ c vegetables/ ½ c Snowpea & Radish Salad ½ c Mango 1 c Milk <i>Veg: 2 c Sesame Noodle Tofu Bowl</i></p>	<p>2 oz Turkey 1 oz Cheese 2 WW Bread 2 oz ½ c Lettuce ¼ c Tomato 1 PC mayo ½ c Mediterranean Chickpea Salad 1 Banana 1 c Milk <i>Veg: ½ c Fresh Mozzarella, Cucumbers, Lett. & Tom. & Balsamic Vinagrette</i></p>			
PM SNACK	<p>½ c Mixed Berries ½ c Cottage Cheese</p>	<p>½ c Fruited Yogurt 1 oz WG Granola</p>			