

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					<p>¾ c Crispy Rice Cereal 1 1 oz WG Toast w 1 TBSP Almond Butter ½ c Apple Juice 1 c Mixed Fruit Salad 1 c Milk</p>
Hot Lunch					<p>3 oz Yangs Orange Chicken 2 oz WG Rice ½ c Broccoli ½ c Edamame ½ c Mixed Fruit Cup 1 c Milk Veg: Vegan Chicken</p>
Cold Lunch					<p>Cobb Salad 1 oz Turkey Bacon, 1 oz hardboiled egg, 1 oz chicken) 2 oz WG Corn Muffin 1 c Mixed Greens Lettuce w Red wine vinaigrette (in salad) ½ c Cherry Tomato & Cuke (in salad) 1 Orange in Wedges 1 c Milk Veg: 1 oz cheese, 2 eggs</p>
SNACK					<p>½ c Peaches 4 Graham Crackers</p>
BREAKFAST	<p style="text-align: center;">Hot 4</p> <p>2 WG French Toast (2 oz) Syrup 1 oz LS Turkey Sausage 1 c Diced Peaches ½ c Grape Juice 1 c Milk</p>	<p style="text-align: center;">5</p> <p>¾ c WG Chex 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>	<p style="text-align: center;">6</p> <p>2 oz WG Bagel W Cream Cheese pc 1 TBSP sunbutter ½ c Tomato Juice 1 c Grapes alt ½ c Applesauce 1 c Milk</p>	<p style="text-align: center;">Hot 7</p> <p>1 Cheese Omelet 3.5 oz 1 oz m/ma 1 WG English Muffin 2 oz w PC Jelly & Butter 1 c Stewed prunes, alt. Diced Pears ½ c Orange Juice 1 c Milk</p>	<p style="text-align: center;">8</p> <p>3 oz WG Bran Muffin Butter 4 oz Yogurt ½ c 100% Cran-Apple 1 c Melon Salad 1 c Milk</p>
Hot Lunch	<p>2 c Chicken Spaghetti ½ c Lima Beans ½ c Spinach ½ c Pineapple 1 c Milk Veg: Vegan Nuggets Chicken Spag</p>	<p>1 Stuffed pepper (3 oz ground beef, ½ cup WG Rice, 1 whole pepper) 2 oz WG Biscuit w/ Butter ½ c Carrots 1 Fresh Peach 1 c Milk Veg: 3 ounces Soy Protein in Pepper</p>	<p>1.5 c Hawaiian Chicken Coconut Rice 3oz M/MA, ¼ c fruit, 1.25 oz grain 1 oz WG Pita ½ c Edamame ½ c Green Beans ½ c Watermelon 1 c Milk Veg: Vegan Nuggets Coconut Rice</p>	<p>Swedish Meatballs 3 oz beef ½ c Egg Noodles 1 oz WW Dinner Roll Butter ½ c Broccoli ½ c Summer squash ½ c Fruit Salad 1 c Milk Veg: Veggies Meatballs</p>	<p>3 oz Baked Cajun Fish (3 oz m/ma) ½ c Mushroom Rice Pilaf WG ½ c Collard Greens ½ c Stewed tomatoes ½ c Strawberries 1 c Milk Veg: Meatless Fish Patty</p>
Cold Lunch	<p>Taco Salad with Southwest Ranch ½ C Black beans 1 c lettuce and tomato mix 2 oz Baked Chips ½ c Mango 1 c Milk Veg: 3 oz Black Beans</p>	<p>Greek Salad 1 oz. eq. m/ma, 1 cup dark green vegetables, ½ cup other vegetables 3 oz Chicken Strips 2 oz WG Soft Pita 1 c Romaine Lettuce ½ c Hummus ½ c Apple Slices 1 c Milk Veg: 2 oz chicx strips</p>	<p>3 oz Tuna Salad 2 oz WG Bun ½ c Southwest Corn Salad ½ c Coleslaw Vinagrette ½ c Cantaloupe 1 c Milk Veg: Vegan chicken salad</p>	<p>8 oz Yogurt 1 oz String Cheese 2 oz WG English Muffin ½ c Cucumber Salad ½ c Banana ½ c Fresh Fruit Salad 1 c Milk Veg: Same</p>	<p>Spinach Strawberry Feta Salad (2 oz grain equivalent, 3 oz meat/meat alternate, 1 cup dark leafy green vegetable) 3 oz Chicken Breast 2 oz WG Roll ½ c Beet Salad ½ c Honeydew 1 c Milk Veg: 3 oz Chicx Strips</p>
SNACK	<p>1 WG Biscuit Jelly ½ c Tropical Fruit Salad Pineapple Papaya Guava</p>	<p>1 oz WG Oyster Crackers ½ c (4 oz) Yogurt</p>	<p>1 oz WW Wheat Crackers ¾ oz IW Cheddar Cheese</p>	<p>4 squares Graham Crackers ½ oz ½ c Pineapple Juice</p>	<p>1 oz Blueberry Mini Muffin ½ c Apricots</p>

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
BREAKFAST	Hot 11	Hot 12	Hot 13	Hot 14	Hot 15				
	<p>½ c WG Oatmeal ½ WG English Muffin butter 1 oz Cheddar cheese 1 c Mixed Berries ½ c Pineapple Juice 1 c Milk</p> <p>Chicken and Waffles ½ c Honey Roasted Carrots ½ c Breakfast Hashbrowns ½ c Blueberries 1 c Milk Veg: 3 oz Chix Strips</p>	<p>2 oz WG Bagel butter 1 oz Swiss Cheese ½ c Orange Juice 1 c Fruit Salad 1 c Milk</p> <p>1.5 c Spaghetti & Meat Sauce <i>3 oz m/ma, 1.5 oz grain</i> ½ c Broccoli ½ c Sauteed Summer Squash ½ c Tangerine 1 oz WG Roll w/ butter 1 c Milk Veg: Spaghetti w/ Cheese</p>	<p>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 1 c Milk</p> <p>2 Oven Fried Chicken Legs 3 oz 2 oz WG Biscuit w/ butter ½ c Mashed sweet potatoes ½ c 4 way vegetable mix ½ c Watermelon 1 c Milk Veg. 3 oz Vegan Nuggets</p>	<p>¾ c Scrambled Eggs 2 c WG Pancakes (2.28 oz) Syrup 1 c Peaches ½ c Apple Juice 1 c Milk</p> <p>3 oz Grilled Pollock 2oz WG Bun ½ c Green Beans w Red Peppers ½ c Lima Beans ½ c Tropical mix 1 c Milk Veg: 3 oz vegan fish</p>	<p>3 oz WG Blueberry Muffin Butter 4 oz yogurt ½ c Apple Juice 1 c Cantaloupe 1 c Milk</p> <p>Hamburger Patty w/ Lettuce, Tomato, Onion Ketchup/Mustard/Mayo 1 WG Bun 2 oz ½ c Baked beans ½ c Cheesy Broccoli ¾ c Blueberry cobbler 1 c Milk Veg: Veggie Burger w/ Lettuce, Tomato, and Onion</p>				
Cold Lunch	Hot 18	Hot 19	Hot 20	Hot 21	Hot 22				
	<p>1 ½ c Tropical Bean Salad 2.25 m/ma <i>(w lettuce) 5/8 c veg 3/8 c Fruit</i> 2 (1 oz) WW Bread Butter 1 c Lettuce 3/4 c Tropical Fruit Salad 1 c Milk</p> <p>Veg: Same</p>	<p>Asian Chop Salad w/ Chicken) <i>(2 oz chicken, 1 oz edamame(m/ma), ½ c dark green veg, ¼ c red/orange veg, ¼ c other veg)</i> 2 oz WW Nan Bread 1 Applesauce 1 c Milk</p> <p>Veg Same w. chick strips</p>	<p>Beef Teriyaki Wrap <i>3 oz meat/meat alternate, 2 oz grain equivalent, and 1/2 cup other vegetable</i> 2 oz WG Wrap ½ c Asian Bean Salad ½ c Grapes 1 c Milk Veg: 3 oz beefless strips</p>	<p>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</p>	<p>1 c Pesto Pasta Salad 2 oz Grain 3 oz chicken 1 c Field Greens w Italian 3/8 c Yogurt parfait ½ c Carrot raisin salad 1 c Milk Vegetarian: Cheese</p>				
SN AC	Hot 18	Hot 19	Hot 20	Hot 21	Hot 22				
	<p>½ c Mixed Berries ½ c Cottage Cheese</p>	<p>½ c Fruited Yogurt 1 oz WG Granola</p>	<p>1 WG Biscuit w Jelly ½ c Pineapple Tidbits</p>	<p>½ c Diced Honeydew 1 oz Mini muffin</p>	<p>1 oz String Cheese 8 WG Ritz Crackers</p>				
BREAKFAST	Hot 18	Hot 19	Hot 20	Hot 21	Hot 22				
	<p>Sunshine Taco ¼ c Egg & Cheese, WG Flour Tortilla 1 oz WG Toast Butter ½ c Tomato Juice 1 c Tropical Fruit Salad (Pineapple Papaya Guava) 1 c Milk</p>	<p>Yogurt Bowl ** 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</p>	<p>¾ c WG Kix Cereal 1 oz WG Toast 1 TBSP Almond Butter ½ c Cantaloupe 1 c Apple Slices alt 1 c Applesauce 1 c Milk</p>	<p>Hot 2 WG French Toast (2 oz) Syrup 1 oz LS Turkey Sausage 1 c Diced Pears ½ c Grape Juice 1 c Milk</p>	<p>2 oz WG Biscuit Honey & Butter 1 string cheese 1 c Strawberries ½ c Cran-Apple Juice 1 c Milk</p>				
Hot Lunch	Hot 18	Hot 19	Hot 20	Hot 21	Hot 22				
	<p>1.5 c Chicken Tikka Masla 1 c Basmati Rice ½ c Sauteed Spinach ½ c Ginger Cauliflower ½ c Mandarin Orange 1 c Milk</p> <p>Veg: 3 oz Chickpea marsala</p>	<p>3 oz Meatloaf w/ Gravy 2 oz Cornbread ½ c Broccoli ½ c Scalloped Potatoes ½ c Banana 1 c Milk</p> <p>Veg : Vegan Beef Strips</p>	<p>2 c Chicken Spinach Alfredo Bake 1 oz WG Biscuit w Butter ½ c Roasted beets ½ c Italian Vegetables ½ c Strawberries 1 c Milk</p> <p>Veg: 3 oz Chix strips</p>	<p>1 ¼ c Vegetarian Lasagna 1 oz Garlic Bread ½ c Broccoli & Cauliflower ½ c Cannellini bean ½ c Tangerine 1 c Milk</p> <p>Veg: Same</p>	<p>3 oz Oven Roasted Haddock ½ c WG Quinoa 1 oz Dinner Roll w Butter ½ c Baked Beans ½ c Kale 3/4 c Cherries 1 c Milk Veg: Vegan Fish Patty</p>				
Cold Lunch	Hot 18	Hot 19	Hot 20	Hot 21	Hot 22				
	<p>Chef Salad 2 oz WG Corn Muffin w butter 1 c Mixed Greens Lettuce w Herb Vinaigrette ½ c Cherry Tomato & Cuke ½ c Apple Slices 1 c Milk</p> <p>Veg: 1 oz cheese, 2 eggs</p>	<p>Pasta Salad 1 oz WW Roll w butter ½ c Red & Green Pepper strips w Italian ½ c Red Bean Salad ½ c Grapes 1 c Milk</p> <p>Veg: 3 oz Egg Salad</p>	<p>3 oz Turkey Mayo 2 oz Roll Tomato and lettuce garnish 1 c Romaine with Caesar Dressing ½ c Mediterranean Chickpea Salad ½ c Watermelon 1 c Milk Veg: ½ c Fresh Mozzarella, Cucumbers, Tomato & Balsamic Vinaigrette</p>	<p>3 oz Mild Buffalo Ranch Chicken Salad 2 oz WW Bread 1 c Spinach Salad w Balsamic Vinaigrette ½ c Beet Salad ½ c Honeydew 1 c Milk</p> <p>Veg: ½ c Hummus 1 oz Provolone</p>	<p>½ c Cottage Cheese 1 oz String Cheese 2 oz WG English Muffin 1 c Field Salad w/ Ranch ½ c Tomato Balsamic Salad ½ c Mango 1 c Milk</p> <p>Veg: Same</p>				
SN AC	Hot 18	Hot 19	Hot 20	Hot 21	Hot 22				
	<p>1 oz WW Crackers ¾ oz IW Cheddar Cheese</p>	<p>½ c zucchini sticks w/Honey Mustard Dip ¾ oz WG Goldfish</p>	<p>1 oz Blueberry Mini Muffin ½ c Peaches</p>	<p>½ c Mixed Berries ½ c Cottage Cheese</p>	<p>2 Oatmeal Cookies ½ c (4 oz)Vanilla Yogurt</p>				

CONGREGATE ADHC SENIOR CENTER – AUGUST MENU 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
25		26		27		28		29	
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 ½ c Pineapple Juice 1 c 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 1 c 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 1 c 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 (in hash) ½ c Grape Juice 1 c Milk</p>	<p>2 oz WG Biscuit Butter and Jelly 1 String Cheese 1 c Honeydew ½ c Apple Juice 1 c Milk</p>				
Hot Lunch	<p>Chinese Style Vegetables w/ Teriyaki Salmon (3 oz M/MA, 1 oz veg.) 2 oz Brown Rice ½ c Sautéed Spinach ½ c Edamame ½ c Orange Wedges 1 c Milk</p> <p>Veg: Teriyaki Tofu</p>	<p>2 Oven Fried Chicken Legs 3 oz 2 oz WG Corn Muffin w Butter ½ c Kale ½ c Creole Style Black Eyed Peas ¾ c Cherry Cobbler 1 c Milk</p> <p>Veg: 3 oz Chicks Strips</p>	<p>Cheesy Italian Rice and Meatball <i>3 oz m/ma meatball, 1 oz grain equivalent, ¼ cup red/orange veg</i> 1 oz WG Roll w Butter ½ c Sautéed Squash ½ c Corn ½ c Watermelon 1 c Milk</p> <p>Veg: ¾ cup added beans, soy meatballs</p>	<p>3 oz Chicken in Orange Sauce 1 c WG Rice ½ c Stir Fry Vegetables (Broccoli, Green beans, Mushrooms, peppers) ½ c Cauliflower ½ c Berries 1 c Milk</p> <p>Veg: 3 oz chix strips in orange sauce</p>	<p>1 ¼ c Macaroni & Cheese <i>1 ½ oz Cheese, 1 c noodles 7.1 oz m/ma</i> ½ c Vegetarian Baked Beans 2 oz m/ma ½ c Cucumber Salad ½ c Stewed Tomatoes 1/2 c Grapes 1 c Milk</p> <p>Veg: Same</p>				
Cold Lunch	<p>3 oz Cranberry Chicken Salad 2 oz WG Crackers 1 c Cucumber Salad ½ c Coleslaw ½ c Grapes 1 c Milk</p> <p>Veg: 3 oz Chicks Strips</p>	<p>1 Powerhouse Wrap ¾ c Black Beans, 2 WW Tortilla (6 in 2.6 oz) 1 c Tossed Green Salad w Italian ½ c Broccoli Salad ½ c Mango 1 c Milk</p> <p>Veg: Same</p>	<p>½ c Tuna Salad Sandwich 2 Slices WG Bread ½ c Cole Slaw Vinaigrette ½ c Italian Tomato Salad 1 Banana 1 c Milk</p> <p>Veg: Same w/ 3 oz cheese</p>	<p>2 oz Turkey 1 oz Cheese 2 WW Bread 2 oz ½ c Lettuce ¼ c Tomato mayo ½ c Zucchini salad ½ c Black Bean Salad ½ c Watermelon 1 c Milk</p> <p>Veg: 3 oz Egg Salad or : ½ c Cucumber, ½ c Hummus & 1 oz Provolone</p>	<p>3 oz Grilled Chicken Mayo 2 oz WW Bun ½ c Carrot Raisin Salad 1 c Field salad w/ ranch 1 Orange 1 c Milk</p> <p>Veg: 3 oz Cheese</p>				
SNACK	<p>½ WG English Muffin 2 TBSP Sunbutter</p>	<p>½ c Pineapple Tidbits 1 oz WG Goldfish</p>	<p>1 oz Turkey Slice 1 oz Cheese Slice 8 WG Ritz Crackers</p>	<p>1oz Mini Muffin ½ c Tropical Fruit Salad Pineapple Papaya</p>	<p>½ c Vanilla Yogurt ½ c Pears</p>				