

VDA ADHC SENIOR CENTER – MARCH MENU 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					2 oz WG Bagel W Cream Cheese pc 1 oz Yogurt ½ c Apple Juice ½ c Grapes alt ½ c Applesauce 1 c Milk
Hot Lunch					1 ¼ c Macaroni & Cheese <small>1 ½ oz Cheese, 1 c noodles 7.1 oz</small> ½ c Vegetarian Baked Beans 2 oz m/ma ½ c Zucchini ½ c Stewed Tomatoes ½ c Grapes 1 c Milk Veg: Same
Cold Lunch					3 oz Tuna Salad 2 oz WG Roll ¾ c Spinach Strawberry Salad w Balsamic Vinaigrette ½ c Broccoli Salad ½ c Orange 1 c Milk Veg: Same/ alt Hummus
PM SNACK					½ c Low fat Greek Yogurt ½ c Diced Peaches
BREAKFAST	2 WG French Toast (2 oz)Syrup 1 c LS Turkey Sausage 1 c Diced Peaches ½ c Grape Juice 1 c Milk	2 oz WG Biscuit Honey & Butter ½ c Yogurt 1 c Mango ½ c Cranberry Apple Juice 1 c Milk	¾ c WG Bran Flakes 1 oz WG Toast Butter 1 TBSP Peanut Butter ½ c Orange Juice 1 medium Banana, ¼ c raisins 1 c Milk	1 c Southwest Tofu Scramble 1 oz m/ma, ¼ c 7 veg, 1 oz gr https://fns- 1 oz WG Toast w butter 1/2 c Pineapple Juice ¼ C Tropical Fruit 1/4 c Red Beans 1 c Milk	3 oz WG Blueberry Muffin Butter ½ c Yogurt ½ c 100% Cran-Apple 1 c Pears 1 c Milk
Hot Lunch	3.5oz Honey Lime Chicken 1 c Hoppin John 1 WG Roll w Butter. ½ c Brussel sprouts ½ c Pears 1 c Milk Veg: Vegan Chicken	3 oz Roast Turkey w/ gravy 2 oz WG Roll w Butter ½ c Mashed Potatoes ½ c Green Beans ½ c Baked Apple Slices (4-6) 1 c Milk Veg: 3 oz vegetarian patty	1 ¼ c Chicken Pot Pie <small>3 oz m/ma, ½ c Carrots & Peas</small> 2 oz WG Biscuit w Butter ½ c Steamed Kale ½ c Fruit Cocktail 1 c Milk Veg: Vegan Chicken	1 c Chili con Carne <small>4 oz meat & Meat Alternate, ½ c vegetable</small> 2 oz WG Corn Muffin w Butter ½ c Italian Blend ½ c Hot Fruit Compote 1 c Milk Veg: Vegetarian Chili	3 oz Grilled Flounder (3 oz m/ma) 1 c WG Wild Rice ½ c Broccoli ½ c Honey Roasted Carrots ½ c Orange 1 c Milk Veg: Vegan Fish 3 oz
Cold Lunch	Roast Beef Salad 3 oz Beef 2 oz WG Roll 1 c Shredded Field Greens W creamy Caesar ½ c Salad Vegetables ½ c Applesauce 1 c Milk Veg: 1 Powerhouse Wrap	Chicken Caesar Salad 3oz Chicken Strips 2 oz WG Apple Muffin 1 c Romaine Salad W Caesar Dressing ½ c Pickled Beets ½ c Mango 1 c Milk Veg:3 oz Chicx Strips	1 Roasted Turkey Pita Sandwich (3 oz M/MA, 2 oz grain, ½ c veg) 2 oz WG Pita ½ c Lettuce ¼ c Tomato 1 PC Mayo ½ c Mediterranean Chickpea Salad 1 Banana 1 c Milk Veg: ½ c Fresh Mozzarella, Cucumbers, Lett. & Tom. & Balsamic Vinagrette	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	8 oz Yogurt 1 oz String Cheese 2 oz WG English 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 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 (previously frozen) ½ c Cottage Cheese	2 Oatmeal Cookies ½ c (4 oz)Vanilla Yogurt

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BREAKFAST	Hot Egg Sandwich 8592453 11 1 WG Egg Sandwich 1 oz m/ma 1 oz gr 1 Mini Muffin .9 oz ½ c Steamed Greens , ½ c stewed prunes ½ c Orange Juice 1 c Milk	¾ c WG Chex Cereal 12 1 oz WG Toast butter 1 oz Cheddar Cheese 1 c Fruit Cocktail ½ c Cran-Apple Juice 1 c Milk	Yogurt Bowl ** 13 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	1 c Spiced Oatmeal 14 1 c Warm Spiced Apple Slices ½ c Vanilla Yogurt 1 oz m/ma ½ c Fruit Cocktail 1 c Milk	2 oz WG Bagel w/ butter 15 1 oz Swiss Cheese ½ c Orange Juice 1 c Apple slices 1 c Milk
Hot Lunch	3 oz Chicken Sausage w/ ½ c peppers and onions 2 oz WG Sub Roll ½ c Cauliflower ½ c Cinnamon Applesauce 1 c Milk Veg: 3 oz Chicks Strips	3 oz Meatloaf w/ gravy 2 oz WG Roll w Butter ½ C Garlic Mashed Potatoes ½ c Collard Greens ½ c Fresh Melon 1 c Milk Veg: 3 oz Soy Protein	2 Cheese Manicotti (5.5oz) w ½ c Tomato Basil Sauce 3 oz m/ma 2 oz WG grain per food label ½ c Garlic Mushrooms ½ c Peas ½ c Peaches 1 c Milk Veg: Same	3 oz Jerk Chicken ½ c Caribbean Yellow Rice ½ c Sweet Potatoes ½ c Caribbean Curry Beans ½ c Grapes 1 c Milk Veg: 3 oz chickenless patty	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 Spinach ½ c Tropical Fruit Salad 1 c Milk Veg: Same
Cold Lunch	3 oz BBQ Chicken Salad 2 oz WG Bun ½ Cucumbers with Ranch ½ c Black Bean Salad ½ c Mandarin Oranges 1 c Milk Veg: BBQ salad with chix strips	1 ¾ c Tropical Bean Salad 3 m/ma (w lettuce) 5/8 c veg 3/8 c Fruit 2 oz WW Bread Butter 1 c Lettuce ½ c Raisin Carrots Salad ½ c Tropical Fruit Salad 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 Roast Beef 2 oz WW Roll 1 c Spinach Salad w/ balsamic ½ c Cole Slaw 1 PC Mayo ¾ c Baked Apple 1 c Milk Vg: ½ c Fresh Mozzarella, Cucumbers, Tomato & Balsamic Vinagrette	3 oz (egg salad) 2 (1 oz) MG Sprouted Bread Chef's line (8241634) ½ c Lettuce ¼ c Tomato ½ c Kidney Bean Salad ¾ c Cherry Crisp 1 c Milk Veg: 1 Powerhouse Wrap
PM SNACK	½ WG English Muffin 2 TBSP Sunbutter	¼ c Pimento Cheddar Cheese 1 ½ oz m/ma 1 oz WW Bread	Fun Fruit Pizza	1 Hardboiled Egg 8 WG Ritz Crackers	1 oz Blueberry Mini Muffin ½ c Apricots
BREAKFAST	Maple French Toast w Turkey Fennel 18 Sausage 2 oz m/ma, 1 oz gr 1 oz WG Toast Butter 1 c Potato Hash ½ c Prune Juice 1 c Milk	1 WG English Muffin w 1 TBSP Sunbutter 19 1 Banana 1/2 c Pears ½ c Cran Apple Juice 1 c Milk	¾ c WG Kix Cereal 20 1 oz WG Toast 1 TBSP Almond Butter ½ c Banana 1 c Apple Slices alt 1 c Applesauce 1 c Milk	Eve on a Raft 21 1 Egg patty 2 WG Wheat Toast 2oz Butter 1 c Baked Apple ½ c Orange Juice 1 c Milk	2 oz WG Biscuit Honey & Butter 22 1 Hard Boiled Egg alt ½ c Yogurt 1 c Grapes ½ c Cran-Apple Juice 1 c Milk
Hot Lunch	4 oz Riblet with BBQ Sauce 2 oz WG Cornbread w Butter ½ c Roasted Red Potatoes ½ c Italian Blend zucchini, carrots, cauliflower, lima beans, green beans ¾ c Apple Crisp 1 c Milk Veg: 3 oz Veggie Patty	1 ½ c Chicken & Dumplings 3 oz Chicken ½ c Veg 1 oz Dumplings 1 oz WG Roll w Butter ½ c Steamed Kale ½ c Pineapple 1 c Milk Veg: 3 oz Grilled Chix Strips & 1 oz Dumplings	Korean Beef over Quinoa 1 oz WG Roll w Butter ½ c Green Beans ½ c Butternut Squash ½ c Grape 1 c Milk Veg: Soy Beef over Quinoa	2 Oven Baked Chicken Legs 2 oz Corn Bread ½ c Fiesta Corn ½ c Mix Vegetable ½ c Pear 1 c Milk Veg: 3 oz Vegan Beef Patty	3 oz Breaded Fish Filet 2.5 oz m/ma 1 oz grain 2 oz WG Bun ½ c Beets ½ c Baked Sweet Potatoes with apples ½ c Clementine 1 c Milk Veg 3 ounces vegan fish
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 1 Orange in Wedges 1 c Milk Veg: 1 oz cheese, 2 eggs	1.5 cup Macaroni Salad ½ cup vegetable 1 oz WW Biscuit 1 oz String Cheese 2 oz Cheddar Cheese ½ c Mediterranean Chickpea Salad ½ c Apricots 1 c Milk Veg: Same	Meatball Banh Mi 3 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 Honeydew 1 c Milk Veg: ½ c Fresh Mozzarella, Cucumbers, Lett. & Tom. & Balsamic Vinagrette	½ c Cottage Cheese 1 oz String Cheese 2 oz WG English Muffin 1 C filed green salad w/ Ranch ½ c Fruit Compote ½ c Apple Slices 1 c Milk Veg: Same	1 Powerhouse Wrap ¾ c Black Beans 3 oz m/ma, 2 WW Tortilla (6 in 2.6 oz) 1 c Spinach Salad w Balsamic Vinaigrette ½ c Creamy Dill Cucumber Salad 1 Banana 1 c Milk Veg: 3 oz Assorted Cheese Slices
PM SNACK	½ c Mixed Berries (previously frozen) ½ c Cottage Cheese	½ c Fruited Yogurt 1 oz WG Granola	1 WG Biscuit w Jelly ½ c Pineapple Tidbits	1 c Milk 0.9 oz mini muffin	1 oz String Cheese 8 WG Ritz Crackers

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BREAKFAST	Sunshine Taco 25 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</small> 1 c Milk	¾ c WG Crispy Rice Cereal 26 1 oz WG Toast butter 1 TBSP Almond Butter 1 medium Banana ½ c Orange Juice 1 c Milk	3 oz WG Blueberry Muffin 27 Butter 1 Hard Boiled Egg alt ½ c Yogurt ¾ c Apple Juice 1 Grapes 1 c Milk	Breakfast Pizza 28 2 oz WW pita, ¼ c Tomato Sauce 1 oz shredded Mozzarella ¾ c Cantaloupe ½ c 100% Fruit Punch Juice 1 c Milk	2 oz WG Bagel W Cream Cheese pc 29 1 oz Yogurt ½ c Apple Juice ½ c Grapes alt ½ c Applesauce 1 c Milk
Hot Lunch	1 3/4 c Vegetable Soup (2oz M/MA, ½ c veg, 1 oz grain) 1 oz String Cheese 1 oz WG Roll ½ c 3 Bean Salad ½ c Green Peas 1 Orange in Wedges 1 c Milk Veg: Same	1 ¼ c Beef Tamale Pie with Cornbread Topping <small>(3 oz MA, 1 oz grain, ¼ c veg (onion,tomato))</small> 1 oz WG Roll 1 c Spanish Style Greens (Grelós) ½ c Pears 1 c Milk Veg 1 c Bean Tamale Pie	1 ¼ c Vegetarian Lasagna <small>3oz/ma, ½ c noodles (1 oz grain)</small> 1 oz Garlic Bread ½ c Italian Blend ½ c Mushrooms 3/4 c Apple Crisp 1 c Milk Veg: Same	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 Veg: 3 oz Chicks Tenders 1 ¼ c	1 ¼ c Macaroni & Cheese <small>1 ½ oz Cheese, 1 c noodles 7.1 oz</small> ½ c Vegetarian Baked Beans 2 oz m/ma ½ c Zucchini ½ c Stewed Tomatoes ½ c Grapes 1 c Milk Veg: Same
Cold Lunch	Beef Caesar Salad 1 c Caesar Field Greens Salad W Caesar Dressing 3 oz Sliced Beef 2 oz WG Roll w/ butter ½ c Cold Fruit Compote ½ c Peaches 1 c Milk Veg: 3 oz Cheese Caesar Salad	1 Powerhouse Wrap ¾ c Black Beans , 2 WW Tortilla <small>(6 in 2.6 oz)</small> 1 c Tossed Green Salad w Italian ½ c Mango ½ c Beet Salad 1 c Milk Veg: Same	1.5 Cup Antipasto Chickpea Salad w/ italian Dressing (1 oz M/MA, ½ cup dark green) 2 oz Swiss Cheese cubes 2 oz WW Pita ½ c Fruit Salad ½ c Cucumber Vinaigrette 1 c Milk Veg: Same	2 Asian Beef Spring Roll <small>3 oz Beef, 2 oz WW Flour tortilla</small> ½ c Seasoned Green Bean Salad ½ c Asian Carrot Radish Salad ½ c Fresh Fruit salad 1 c Milk Veg: Vegan Beef	3 oz Tuna Salad 2 oz WG Roll ¾ c Spinach Strawberry Salad w Balsamic Vinaigrette ½ c Broccoli Salad ½ c Orange 1 c Milk Veg: Same/ alt Hummus
PM SNACK	1 WG Biscuit Jelly ½ c Cantaloupe	1 oz Soft Pretzel ¾ oz IW cheese	½ c Cucumber ½ c Hummus	2 Oatmeal Cookies ½ c Milk	½ c Low fat Greek Yogurt ½ c Diced Peaches