

VDA ADHC SENIOR CENTER – MAY MENU 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST			1 2 oz WG Bagel W Cream Cheese pc ½ c Apple Juice ½ c Grapes alt ½ c Applesauce 1 c Milk	2 <u>Hot Egg Sandwich 8592453</u> 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	3 3 oz WG Bran Muffin Butter ½ c Yogurt ½ c 100% Cran-Apple 1 c Melon Salad 1 c Milk
Hot Lunch			2 c Vegetarian Lentil Soup 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	2 Oven Fried Chicken Legs 3 oz 2 oz WG Biscuit w Butter ½ c Roasted Cauliflower ½ c Black Eyed Peas ½ c Honeydew 1 c Milk Veg: 3 oz Vegan Nuggets	3 oz Salmon Patty w/ Lemon Dill Sauce ½ c WG Wild Rice (3 oz grain) ½ c Steamed garlic Kale ½ c Coleslaw ½ c Pineapple 1 c Milk Veg Vegan Fish Patty (3 count)
Cold Lunch			1 c Spinach & ½ c Strawberry 3oz Chicken Breast 2 oz WG Roll ½ c Broccoli with Caesar Dressing ½ c Green & Red Pepper Strips ½ c Mango 1 c Milk Veg: 3 oz Chicx Strips	3 oz Egg Salad 2 oz WG Roll ½ c Marinated Vegetable Salad ½ c Cucumber Salad ½ c Grapes 1 c Milk Veg: Same	3 oz Grilled Chicken 2 (1 oz) MG Sprouted Bread Chef's line 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			1 oz WW Wheat Crackers ¾ oz IW Cheddar Cheese	4 squares Graham Crackers ½ oz ½ c Cranberry Juice	.9 oz Blueberry Mini Muffin ½ c Apricots
BREAKFAST	6 <u>Hot</u> ½ c WG Oatmeal ½ WG English Muffin butter 1 oz LS Turkey Spam alt Cheddar cheese 1 c Diced Peaches ½ c Pineapple Juice 1 c Milk	7 2 oz WG Bagel w/ butter 1 oz Swiss Cheese ½ c Orange Juice 1 c Fruit Salad 1 c Milk	8 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	9 <u>Hot waffle & chicken</u> 2 Chicken Tenders 2 WG Waffles (2.28 oz) Syrup 1 c Pears ½ c Prune Juice 1 c Milk	10 3 oz WG Blueberry Muffin Butter ½ c Yogurt ½ c Apple Juice 1 c Cantaloupe 1 c Milk
Hot Lunch	3 oz Baked Cajun Fish 2 oz Cornbread ½ c Broccoli ½ c Italian Blend #6333256 zucchini, carrots, cauliflower, lima beans, green beans ½ c Strawberries 1 c Milk Veg: 3 oz sliced Cheeses	2 Cup Jambalaya(2 oz M/MA, ½ c veg-peppers,onions,tomatoes,, 2 oz grain) 1 oz String Cheese ½ c Okra ½ c Mango 1 c Mil Veg: 2 cup chick stick jambalaya 1 ox cheese	3 oz Chicken in Orange Sauce 1 c Lomein Noodles ½ c Bok Choy ½ c Cauliflower ½ c Pineapple 1 c Milk Veg: 3 oz chix strips in orange sauce	3 oz Salisbury Steak w/ mushroom gravy 2 oz WG Roll w.Butter ½ c Smashed Red Potatoes ½ c Catalina Vegetables (broccoli, green beans, carrots, red peppers) ½ c Clementine 1 c Milk Veg: 3 oz vegetarian patty	2 cup Chicken Fajita Pasta (3 oz MMA, 2 oz WG, ½ cup vegetable – red peppers, green peppers, corn) 1 c Roasted Corn ¾ c Peach Strawberry Jello 1 c Milk Veg: 1.5 c Chix strips fajita pasta
Cold Lunch	1 1/3 c BBQ Chicken Salad 2 oz WG Bun ½ c Southwest Corn Salad 1 c Mandarin Orange 1 c Milk Veg: 3 oz sliced cheeses	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 Lettuce 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 Asian Chicken Salad 2 oz WG Roll w butter ½ c Asian Edamame Salad ½ c Zucchini & Tomato Salad ½ c Grapes 1 c Milk Veg: 3 oz Chicks Strip	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	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

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BREAKFAST	Hot Sunshine Taco 13 ¼ c Egg & Cheese, 6 inch WG Flour Tortilla 1 oz WG Toast Butter ½ c Tomato Juice 1 c Tropical Fruit Salad Pineapple Papaya Guava 1 c Milk	Yogurt Bowl ** 14 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		¾ c WG Kix Cereal 15 1 oz WG Toast 1 TBSP Almond Butter ½ c Strawberries 1 c Apple Slices alt 1 c Applesauce 1 c Milk		Hot 16 2 WG French Toast (2 oz) Syrup 1 oz LS Turkey Sausage 1 c Diced Pears ½ c Grape Juice 1 c Milk		2 oz WG Biscuit Honey & Butter 17 ½ c Yogurt 1 c Cantaloupe ½ c Cranberry Juice 1 c Milk	
Hot Lunch	3 oz Jerk Chicken ½ c Caribbean Yellow Rice ½ c Caribbean Callaloo ½ c Caribbean Curry Beans ½ c Banana 1 c Milk Veg: Vegan Chicken	1 c Sweet & Spicy Beef "Stir-fry" 3 oz m/ma, ½ c vgs(peppers, onions) 1 c WG Rice ½ c Green Beans 1 Mandarin Oranges 1 c Milk Veg: 3 oz Tofu „Stir fry“		1 ¼ c Macaroni & Cheese 1 ½ oz Cheese, 1 c WG noodles 7.1 oz ½ c Vegetarian Baked Beans 2 oz m/ma ½ c Steamed Green Vegetables ½ c Grape Tomato Salad Cold ½ c Grapes 1 c Milk Veg: Same		1 ¼ c Vegetarian Lasagna 1 oz Garlic Bread 1 oz String Cheese 1 c Broccoli & Cauliflower ½ c Tropical Fruit Salad 1 c Milk Veg: Same		1.75 C Tuscan Smoked Turkey & Bean Soup 1 oz WG Roll w Butter ½ c Sautéed Squash ½ c Peas ½ c Fruit Salad 1 c Milk Veg: ¼ cup added beans	
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	2 oz BLT Pasta Salad (spinach, tomato, cheddar cheese, bacon, ranch dressing, rotini) 1 oz WW Bun ½ c Red & Green Pepper strips w Italian ½ c Mediterranean Chickpea Salad ½ c Fruited Jello 1 c Milk Veg: 3 oz Egg Salad		2 oz Fresh Mozzarella 2 oz Pita Bread WG ½ c Vegetable Bruschetta (1/2 c vegt) 1 c Field Greens w/ Ranch ½ c Berries 1 c Milk Veg: Same		3 oz Tuna Salad 2 oz WW Bagel 1 c Spinach Salad w Balsamic Vinaigrette ½ c Beet Salad 1 Banana 1 c Milk Veg: ½ c Hummus 1 oz Provolone		½ c Cottage Cheese 1 oz String Cheese 2 oz WG English Muffin 1/2 c Coleslaw ½ c Mango 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 ½ c Cottage Cheese		2 Oatmeal Cookies ½ c (4 oz) Vanilla Yogurt	
BREAKFAST	Hot Cheesy Grits 20 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	¾ c WG Crispy Rice Cereal 21 1 oz WG Toast butter 1 TBSP Almond Butter 1 medium Banana ½ c Orange Juice 1 c Milk		¾ c WG Chex Cereal 22 1 oz WG Toast butter 1 oz Cheddar Cheese 1 c Fruit Cocktail ½ c Cran-Apple Juice 1 c Milk		Hot 23 1 c Roasted Potatoes & Turkey Hash ¾ c veg 1 WG English Muffin Butter ¼ c steamed greens ½ c Apple Juice 1 c Milk		2 oz WG Biscuit Butter and Jelly 24 1 Hard Boiled Egg alt ½ Yogurt 1 c Honeydew ½ c Grape Juice 1 c Milk	
Hot Lunch	1 c Spaghetti & Meat Sauce ½ c Garlic Mushrooms ½ c Pears ½ c Carrots 1 oz WG Roll w/ Butter 1 c Milk Veg: Spaghetti w/3 oz Cheese	1.5 cup Fish Chowder (1/2 c vegt (1/4 c starch, 1/8 c red/orange, 1/8 cup other, 3 oz MMA) 2 oz WG Roll w/ butter 3/4 c Apple Crisp 1 c Field Greens w/ Balsamic Dressing 1 c Milk Veg: Vegan Fish Patty		1 Cheesy Bean Burrito 3 oz Refried Beans ½ c WG Mexican Rice (1 oz grain) ½ c Corn ½ c Grapes 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 Marinated Black Bean Salad ¾ c Cherry Cobbler 1 c Milk Veg: 3 oz Chicks Tenders		3 Meatloaf 2 oz WG Biscuit ½ c Mashed Potatoes ½ c Creamed Spinach ½ c Peach 1 c Milk Veg: 3 oz soy beef strips	
Cold Lunch	Spinach Strawberry Salad w Balsamic Vinaigrette 3oz Grilled Chicken 1 cup Spinach 2 oz WG Roll ½ c Strawberries ½ c Cucumbers ½ c Pineapples 1 c Milk Veg: Same w/ Chix Strips	3 oz Grilled Chicken Mayo 2 oz WW Bun ½ c Red & Green Pepper Strips ½ c Mixed Bean Salad 1 Banana 1 c Milk Veg: 3 oz Egg Salad		1 c Pesto Pasta Salad 2 oz grain 3 oz chicken 1 c Field Greens w Italian ½ c Fruit Salad ½ c Fresh Broccoli w/ Ranch 1 c Milk Veg: Same w/ 3 oz cheese		Taco Salad 1 oz WG Roll w/ Butter 1 oz Baked Tostitos 2 oz Ground Beef 1 oz Shredded Cheese 1 c Lettuce ½ c Mixed Fruit ½ c Peaches 1 c Milk Veg: Same sub Black Beans		1 c Chickpea Waldorf Salad (2.25 oz MMA, ½ c fruit, ¼ cup Dark green veg, ¼ c other vegt) 2 oz Crackers ½ c Mango ½ c Cucumber Vinaigrette 1 c Milk Veg: Same	
PM SNACK	½ WG English Muffin 2 TBSP Sunbutter	½ c Pineapple Tidbits 1 oz WG Goldfish		¾ oz IW Cheddar Cheese 8 WG Ritz Crackers		.9 oz Mini Muffin ½ c Tropical Fruit Salad Pineapple Papaya		½ c Vanilla Yogurt ½ c Pears	

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
BREAKFAST	27	28	29	30	31				
		¾ c WG Bran Flake Cereal 1 oz WG Toast butter 1 TBSP Peanut Butter 1 c Fruit Cocktail 1 medium Banana 1 c Milk	MYO Parfait 8 oz Fruited Yogurt ½ c Nut free Granola 1 c Mixed Berries ½ c Cran-Apple Juice ½ Pint Milk	Hot Eve on a Raft 1 Egg patty 2 WG Wheat Toast 2oz Butter 1 c Baked Apple ½ c Orange Juice ½ Pint Milk	2 oz WG Blueberry Muffin ½ c Yogurt 1 c Honeydew ½ c Grape Juice ½ Pint Milk				
		2 c Broccoli, Cheese & Rice Casserole (3 oz MMA, 1.5 c dark leafy green 1.5 oz grain) 1 oz WG Roll w Butter ½ c Roasted Root Vegetable ½ c Cantaloupe 1 c Milk Veg: Same	2 c Vegetarian Lentil Soup 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	2 Oven Fried Chicken Legs 3 oz 2 oz WG Biscuit w Butter ½ c Roasted Cauliflower ½ c Black Eyed Peas ½ c Honeydew 1 c Milk Veg: 3 oz Vegan Nuggets	3 oz Salmon Patty w/ Lemon Dill Sauce ½ c WG Wild Rice (3 oz grain) ½ c Steamed garlic Kale ½ c Coleslaw ½ c Pineapple 1 c Milk Veg Vegan Fish Patty (3 count)				
		2 c 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	1 c Spinach & ½ c Strawberry 3oz Chicken Breast 2 oz WG Roll ½ c Broccoli with Caesar Dressing ½ c Green & Red Pepper Strips ½ c Mango 1 c Milk Veg:3 oz Chicx Strips	3 oz Egg Salad 2 oz WG Roll ½ c Marinated Vegetable Salad ½ c Cucumber Salad ½ c Grapes 1 c Milk Veg: Same	3 oz Grilled Chicken 2 (1 oz) MG Sprouted Bread Chef's line 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	4 Squares Graham Crackers (1 oz) ½ c Tootie Fruity Chip Dip	½ Pint Milk 1 c WG Chex Cereal (1 oz)	½ c Cantaloupe 4 oz Vanilla Yogurt	¼ c Pimento Cheddar Cheese 1 ½ oz m/ma 1 oz WW Bread					