



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 1 c Beef Pad Thai over 1 c <b>WG</b> Linguini Noodles ½ c <b>Broccoli</b> ½ c Banana 1 c Milk  <b>Veg: Tofu Pad Thai</b>
4 2 Oven Fried Chicken Legs 3oz 2 oz Cornbread <b>WG</b> ½ c <b>Black Eyed Peas</b> ½ c <b>Brussels Sprouts</b> ½ c <b>Apple Slices</b> (4-6) 1 c Milk  <b>Veg: 3 Chickenless Nuggets* w Ketchup</b>	5 3 oz Meatloaf ½ c <i>Mashed Potatoes w/ Gravy</i> 2 oz <b>WG</b> Corn Muffin w Butter ½ c <b>Sauteed Collard Greens</b> 1 Banana 1 c Milk  <b>Veg.: Vegetarian Chili</b>	6 1 c Turkey Tetrazzini (3 Ma, 2 oz <b>WG</b> ) ½ c <b>Broccoli</b> ½ c Lima Beans ½ c <b>Melon Salad</b> 1 c Milk  <b>Veg.: 3 oz Chix Strips</b>	7 3 oz Breaded Fish <i>Filet 2.5 oz m/ma 1 oz grain / Tartar Sauce</i> 2 oz <b>WG</b> Bun ½ c <b>Steamed Kale</b> ½ c <b>Roasted Pumpkin</b> ½ c Cinnamon Baked Apple 1 c Milk  <b>Veg : Vegan Fish</b>	8 3 oz Lemon Chicken ½ c Wild Rice 1 oz <b>WG</b> Roll w/ Butter ½ c <b>Green Beans</b> ½ c <b>Zucchini</b> ¾ c <b>Cherry Cobbler</b> 1 c Milk  <b>Veg.: Vegan Strips</b>
11  <b>Center Closed</b>	12 1 ¼ c Shepherd's Pie 3 oz beef, ½ c m potatoes (peas, carrots& corn) 2 oz <b>WG</b> Roll w Butter ½ c <b>Sauteed Collard Greens</b> ½ c Fruit Compote 1 c Milk  <b>Veg: 3 oz Soy Protein Shepherd's Pie</b>	13 1.5 c <b>Spinach</b> , Leek, and Brown Rice Pie (2 oz <b>WG</b> , 3 oz <b>MA</b> , ½ C <b>Green Veg.</b> ) ½ c <b>Carrots</b> ½ c Tropical Fruit Salad ( <i>Pineapple, Papaya, Guava</i> ) 1 c Milk  <b>Veg: same</b>	14 3 oz Slice Turkey & Gravy ½ c Stuffing 1 oz <b>WG</b> Roll w Butter ½ c <b>Green Beans</b> ½ c Pimento Corn ½ c <b>Baked apple/Applesauce</b> 1 c Milk  <b>Veg.: 3 oz Chicks Strips</b>	15 1 c <b>WG</b> Spaghetti 2 oz & ½ c sauce & 6 Meatballs  3 oz m/ma ½ c sauce ½ c <b>Zucchini</b> ½ c Italian Blend 1 <b>Orange in Wedges</b> 1 c Milk  <b>Veg.: WG Spaghetti w/ Soy Protein</b>
18 3 oz Korean Grilled Chicken ½ c <b>Bok Choy</b> ½ c <b>Asian Cucumber Salad</b> 1 c <b>WG</b> Macaroni Salad ( 2 oz <b>WG</b> ) ½ c Pineapple 1 c Milk  <b>Veg.: 3 oz chick strips</b>	19 1 ¼ c Chicken Pot Pie 3 oz <i>chicken</i> , ½ c <b>Carrots &amp; Peas</b> 2 oz <b>WG</b> Biscuit ½ c <b>Steamed Greens</b> ½ c Fruit Cocktail 1 c Milk  <b>Veg: Chix Strips Pot Pie</b>	20 3 oz Grilled Pollock (3 oz m/ma) 1 oz <b>WG</b> Roll w Butter ½ c <b>WG</b> Rice Pilaf (1 oz grain) 1 c <b>Italian Roasted Broccoli</b> ½ c <b>Cannellini Beans</b> ½ c Mandarin Orange 1 c Milk  <b>Veg: 3 oz sliced Cheeses</b>	21 3 oz Steak Rice and Black Beans 2 oz <b>WG</b> Tortilla ½ c Cauliflower ½ c Pico de Gallo ½ c <b>Cinnamon Baked Apple</b> 1 c Milk  <b>Veg.: 3 oz Veggie Patty</b>	22 2 Oven Fried Chicken Legs 3 oz 2 oz <b>WG</b> Cornbread ½ c Creole Style <b>Black Eyed Peas</b> ½ c <b>Green Beans</b> ½ c <b>Watermelon</b> 1 c Milk  <b>Veg.: 3 oz Vegetarian Patty</b>
25 6 Swedish Meatballs 3 oz beef ½ c <b>WG</b> Egg Noodles 1 oz <b>WW</b> Dinner Roll Butter ½ c <b>Beets</b> ½ c Cauliflower 1 Banana 1 c Milk  <b>Veg.: Vegetarian Soy Meatballs</b>	26 3 oz Honey Balsamic Chicken Breast 2 oz <b>WG</b> Roll w Butter ½ c <b>Grilled Butternut Squash</b> ½ c <b>Roasted Rosemary Potatoes</b> ½ c Pineapple 1 c Milk  <b>Veg.: 3 oz Grilled Chix Strips</b>	27 1 c Beef Picadillo (3 oz <i>meat</i> , ½ c <i>Vegetables</i> ) 1 c <b>WG</b> Rice (2 oz Grain) 1 c <b>Spinach Salad</b> with Creamy Italian ½ c Pears 1 c Milk  <b>Veg.: 1 c Bean Picadillo 3 oz meat alternate</b>	28 	29 <b>Center Closed</b>



**Alexandria Adult Day Center  
Lunch Menu  
November 2024**

