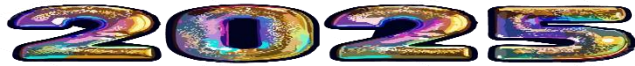


# ALEXANDRIA SENIORS CENTER

## JANUARY MENU 2025

| MONDAY                                                                                                                                                                                                                        | TUESDAY                                                                                                                                                                                                                                          | WEDNESDAY                                                                                                                                                                                                                                                    | THURSDAY                                                                                                                                                                                                                                                                           | FRIDAY                                                                                                                                                                                                                                             |
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| <p><b>6</b></p> <p>1 ¼ c Beef Pot Pie<br/>3 oz m/ma, ½ c Carrots<br/>2 oz WG Biscuit w/ butter<br/>½ c Peas<br/>½ c Orange<br/>1 c Milk</p> <p><b>Veg: Soy Beef</b></p>                                                       | <p><b>7</b></p> <p>3 oz BBQ Shredded Chicken<br/>2 oz WG Cornbread w Butter<br/>1 cup Braised Greens &amp; Beans<br/>½ c Peaches<br/>1 c Milk</p> <p><b>Veg: 3 oz Chix Strips</b></p>                                                            | <p><b>8</b></p> <p>3 oz Grilled Pollock (3 oz m/ma)<br/>1 c WG Fettuccine alfredo<br/>½ c Broccoli<br/>½ c Italian Blend zucchini, carrots, cauliflower, lima beans, green beans<br/>½ c Fruit Cocktail<br/>1 c Milk</p> <p><b>Veg: Same</b></p>             | <p><b>2</b></p> <p>3 oz Chicken &amp; Gravy<br/>½ c Stuffing 1 oz gr<br/>1 WG Dinner Roll &amp; butter<br/>½ c French Green Beans<br/>½ c Seasoned Carrots<br/>½ c Pear<br/>1 c Milk<br/><b>Veg: 3 oz Chix Strips</b></p>                                                          | <p><b>3</b></p> <p>3 oz Salmon with lemon dill sauce<br/>½ c WG Quinoa<br/>1 oz WG Dinner Roll w Butter<br/>½ c Au Gratin Potatoes<br/>½ c Spinach<br/>¾ c Cinnamon Baked Apple/Cinnamon Applesauce<br/><b>Veg: same</b></p>                       |
| <p><b>13</b></p> <p>3 oz Egg Salad on WG Hoagie Roll<br/>1 cup cucumber salad<br/>½ cup mandarin oranges<br/>¼ c sliced tomato and lettuce<br/>Chips<br/>½ c Vanilla Pudding<br/>1 c Milk<br/><b>Veg: 3 oz soy beef</b></p>   | <p><b>14</b></p> <p>3 oz Chicken Salad on WG Hoagie Roll<br/>½ c Shredded Lettuce<br/>¼ c Sliced Tomatoes<br/>½ c Pears<br/>Chips<br/>½ c Chocolate Pudding<br/>1 c Milk<br/><b>Veg: Vegan Chicken</b></p>                                       | <p><b>15</b></p> <p>6 Swedish Meatballs 3 oz beef<br/>1 cup WG Egg Noodle<br/>½ c Beets<br/>½ c Steamed Spinach<br/>½ c Fruit Cocktail<br/>1 c Milk<br/><b>Veg: ½ C Vegetable Meatballs w/ sauce</b></p>                                                     | <p><b>9</b></p> <p>4 oz Salisbury Steak &amp; Country Brown Gravy<br/>2 oz WG Biscuit w Butter<br/>½ c Butternut Squash<br/>½ c Garlic Mashed Potatoes<br/>¾ c Apple Cobbler<br/>1 c Milk<br/><b>Veg: 3 oz Veggie Patty</b></p>                                                    | <p><b>10</b></p> <p>1 c Arroz con Pollo 2 tenderloin 3 oz m/ma<br/>c Vegetables (bell pepper onion tomato)<br/>½ c WG Rice 1 oz<br/>1 oz WG Roll w butter<br/>½ c Black Beans<br/>½ c Pears<br/>1 c Milk<br/><b>Veg: Vegan Arroz con Pollo</b></p> |
| <p><b>20</b></p> <p><b>MARTIN LUTHER KING</b><br/>3 oz Chicken Tikka Masala<br/>1 cup Brown Rice<br/>½ c Turmeric Roasted Cauliflower<br/>½ c Saag Aloo<br/>½ C Banana<br/>1 c Milk<br/><b>Veg: Chix Strips</b></p>           | <p><b>21</b></p> <p>2 oz Sliced Turkey on WG Hoagie Roll<br/>½ c Shredded Lettuce<br/>¼ c Sliced Tomatoes<br/>¼ c Mango Fruit Cup<br/>1 c Milk<br/><b>Veg 1 c Soy Beef Stroganoff</b></p>                                                        | <p><b>22</b></p> <p>1 ¼ c Vegetarian Lasagna<br/>3ozm/ma, ½ c noodles (1 oz grain)<br/>1 oz Garlic Bread<br/>½ c Italian Blend<br/>½ c Peas<br/>½ c Fruit Salad<br/>1 c Milk<br/><b>Veg: Same</b></p>                                                        | <p><b>23</b></p> <p>3 oz Oven Fried Chicken<br/>2 oz WG Roll w Butter<br/>½ c Green Beans<br/>1/2 C Gingered Cabbage Salad<br/>¾ c Peach Cobbler<br/>1 c Milk<br/><b>Veg: 3 oz Chix Strips</b></p>                                                                                 | <p><b>24</b></p> <p>3 oz Breaded Fish Filet 2.5 oz m/ma 1 oz grain<br/>2 oz WG Bun<br/>½ c Sautéed Spinach<br/>½ c Magenta Root Slaw<br/>½ c Clementine<br/>1 c Milk<br/><b>Veg : Same</b></p>                                                     |
| <p><b>27</b></p> <p>2 Oven Fried Chicken Legs 3 oz<br/>2 oz WG Corn Muffin w Butter<br/>½ c Steamed Collards<br/>½ c Creole Style Black Eyed Peas<br/>¾ c Cherry Cobbler<br/>1 c Milk<br/><b>Veg: 3 oz Chicks Tenders</b></p> | <p><b>28</b></p> <p>3 oz Slice Turkey &amp; Gravy<br/>½ c Stuffing<br/>1 oz WG Roll w Butter<br/>½ c Broccoli &amp; Cauliflower<br/>½ c Pimento Corn<br/>½ c Baked Cinnamon Apple/Applesauce<br/>1 c Milk<br/><b>Veg: 3 oz Chicks Strips</b></p> | <p><b>29</b></p> <p>1 ½ c Beef Pho 2 oz m/ma 1 oz WG &amp; 4 Meatballs with Rice noodles<br/>1 oz WG Biscuit w/ Butter<br/>½ c Zucchini<br/>½ c Green Beans<br/>1 Orange in Wedges<br/>1 c Milk<br/><b>Veg: 1 ½ c TofuPho 2 oz m/ma 1 oz whole grain</b></p> | <p><b>30</b></p> <p>1 ½ c Chicken &amp; Dumplings<br/>3 oz Chicken ½ c Veg(carrots, peas)<br/>1 oz Dumplings<br/>1 oz WG Roll w Butter<br/>½ C Peas &amp; Carrots<br/>½ c Pumpkin<br/>½ c Pineapple<br/>1 c Milk<br/><b>Veg: 3 oz Grilled Chix Strips &amp; 1 oz Dumplings</b></p> | <p><b>31</b></p> <p>3 oz Florentine Cod<br/>½ c Macaroni &amp; Cheese<br/>1 oz WG Roll<br/>½ c Cucumber Salad<br/>½ c Stewed Tomatoes<br/>½ c Grapes<br/>1 c Milk<br/><b>MOW Veg: Same</b></p>                                                     |