



ALEXANDRIA ADULT DAY SERVICES CENTER

BREAKFAST, LUNCH, AND SNACK – AUGUST MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					¹ Hot ½ c Cream of Wheat w ¼ c Cheddar Cheese 1 oz WG Toast w Butter ½ c Cran-Apple Juice 1 c Berries 1 c Milk
HOT LUNCH					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
PM SNACK					½ c Peaches 4 Graham Crackers



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Hot 2 WG French Toast (2 oz) Syrup 1 oz LS Turkey Sausage 1 c Diced Peaches ½ c Grape Juice 1 c Milk 4	1 c WG Chex cereal 1 WG Toast 1 oz Butter 1 TBSP Peanut Butter ½ c Apple Juice ¼ c Raisins 1 Medium Banana 1 c Milk 5	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 6	3 oz WG Bran Muffin Butter 4 oz Vanilla Chobani Yogurt ½ c 100% Cran-Apple 1 c Melon Salad 1 c Milk 7	1 Hard Boiled Eggs 2oz 1 WG English Muffin 2 oz w PC Jelly & Butter 1 c Stewed prunes, alt. Diced Pears ½ c Orange Juice 1 c Milk 8
HOT LUNCH	2 c Chicken Spaghetti (3 oz MMA/2 oz WG grain) ½ c Lima Beans ½ c Spinach ½ c Pineapple 1 c Milk Veg: Vegan Nuggets Chicken Spag.	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 http://michiganbean.org/vegetable-stuffed-peppers/	1.5 c Hawaiian Chicken Coconut Rice 3oz MMA, 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	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	3 oz Baked Cajun Fish (3 oz m/ma) 1 c Mushroom Rice Pilaf WG ½ c Collard Greens ½ c Stewed tomatoes ½ c Strawberries 1 c Milk Veg: Meatless Fish Patty
PM SNACK	1 WG Biscuit Jelly ½ c Tropical Fruit Salad Pineapple Papaya Guava	1 oz WG Oyster Crackers ½ c (4 oz) Yogurt	1 oz WW Wheat Crackers ¾ oz IW Cheddar Cheese	4 squares Graham Crackers ½ oz ½ c Grape Juice	2 oz Blueberry Mini Muffin ½ c Apricots



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11	12	13	14	15
BREAKFAST	Hot ½ c WG Oatmeal ½ WG Croissant w butter 1 oz Cheddar cheese 1 c Mixed Berries ½ c Grape Juice 1 c Milk	2 oz WG Bagel butter 1 oz Swiss Cheese ½ c Orange Juice 1 c Fruit Salad 1 c Milk	1 c WG Raisin 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	3 oz WG Blueberry Muffin Butter 4 oz Vanilla Chobani yogurt ½ c Apple Juice 1 c Cantaloupe 1 c Milk	Hot 2 Hard Boiled Eggs 2 c WG Pancakes (2.28 oz) Syrup 1 c Peaches ½ c Apple Juice 1 c Milk
HOT LUNCH	Chicken and Waffles (2 oz WG waffle, 3 oz chicken tender) ½ c Honey Roasted Carrots ½ c Breakfast Hashbrowns ½ c Blueberries 1 c Milk Veg: 3 oz Chix Strips	1.5 c Spaghetti & Meat Sauce <i>3 oz m/ma, 1.5 oz grain</i> ½ c Broccoli ½ c Sautéed Summer Squash ½ c Tangerine 1 oz WG Roll w/ butter 1 c Milk Veg: Spaghetti w/ Cheese	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	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	3 oz 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
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 Diced Honeydew 2 oz Mini muffin	1 oz String Cheese 8 WG Ritz Crackers



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	18 Hot Sunshine Taco ¼ c Egg & Cheese 2 WG Flour Tortilla 6 Inch ½ c Tomato Juice 1 c Tropical Fruit Salad (Pineapple Papaya Guava) 1 c Milk	19 Yogurt Bowl ** ½ c Plain Chobani 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	20 1 c WG Corn Flakes Cereal 1 oz WG Toast 1 TBSP Almond Butter ½ c Cantaloupe 1 c Apple Slices alt 1 c Applesauce 1 c Milk	21 2 oz WG Biscuit Honey & Butter 1 String cheese 1 c Strawberries ½ c Cran-Apple Juice 1 c Milk	22 Hot 2 WG French Toast (2 oz) 1 oz LS Turkey Sausage 1 c Diced Pears ½ c Grape Juice 1 c Milk
HOT LUNCH	1.5 c Chicken Tikka Masla 3 oz <i>chicken</i> , 2 oz <i>tikka sauce</i> 1 c Basmati Rice ½ c Sauteed Spinach ½ c Ginger Cauliflower ½ c Mandarin Orange 1 c Milk Veg: 3 oz Chickpea marsala	3 oz Meatloaf w/ Gravy 2 oz Cornbread ½ c Broccoli ½ c Scalloped Potatoes ½ c Banana 1 c Milk Veg : Vegan Beef Strips	2 c Chicken Spinach Alfredo Bake (3 oz M/MA, 1 oz grain) 1 oz WG Biscuit w Butter ½ c Roasted beets ½ c Italian Vegetables ½ c Strawberries 1 c Milk Veg: 3 oz Chix strips	1 ¼ c Vegetarian Lasagna 3ozm/ma, ½ c noodles (1 oz grain) 1 oz Garlic Bread ½ c Broccoli & Cauliflower ½ c Cannellini bean ½ c Tangerine 1 c Milk Veg: Same	3 oz Oven Roasted Haddock ½ c WG Quinoa 1 oz Dinner Roll w Butter ½ c Baked Beans ½ c Kale ¾ c Cherries 1 c Milk Veg: Vegan Fish Patty
PM SNACK	1 oz WW Crackers ¾ oz IW Cheddar Cheese	½ c zucchini sticks w/Honey Mustard Dip ¾ oz WG Goldfish	2 oz Blueberry Mini Muffin ½ c Peaches	½ c Mixed Berries ½ c Cottage Cheese	2 Graham Crackers (1oz) ½ c (4 oz)Vanilla Chobani Yogurt



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	25	26	27	28	29
BREAKFAST	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 Apple Juice 1 c Milk	1 c WG Crispy Rice Cereal 1 oz WG Toast butter 1 TBSP Almond Butter 1 Medium Banana 1 c Orange Juice 1 c Milk	1 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	2 oz WG Biscuit Butter and Jelly 1 String Cheese 1 c Honeydew ½ c Apple Juice 1 c Milk	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
HOT LUNCH	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 Veg: Teriyaki Tofu	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 Veg: 3 oz Chicks Strips	Cheesy Italian Rice and Meatball 3 oz m/ma meatball, 1 oz grain equivalent, ¾ cup red/orange veg 1 oz WG Roll w Butter ½ c Sautéed Squash ½ c Corn ½ c Watermelon 1 c Milk Veg: ¾ cup added beans, soy meatballs	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 Veg: 3 oz chix strips in orange sauce	1 ¼ c Macaroni & Cheese 1 ½ oz Cheese, 1 c noodles 7.1 oz ½ c Vegetarian Baked Beans 2 oz m/ma ½ c Cucumber Salad ½ c Stewed Tomatoes 1/2 c Grapes 1 c Milk Veg: Same
PM SNACK	½ WG English Muffin 2 TBSP Sunbutter	½ c Pineapple Tidbits 1 oz WG Goldfish	1 oz Turkey Slice 1 oz Cheese Slice 8 WG Ritz Crackers	2oz Mini Muffin ½ c Tropical Fruit Salad Pineapple Papaya	½ c Vanilla Yogurt ½ c Pears