



ALEXANDRIA ADULT DAY SERVICES CENTER BREAKFAST, LUNCH, AND SNACK – NOVEMBER MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	3 2 oz WG Bagel butter 1 oz Swiss Cheese ½ c Grape Juice 1 c Fruit Salad 1 c Milk	4 Hot ½ c WG Oatmeal ½ WG English Muffin butter 1 oz Cheddar cheese 1 c Mixed Berries ½ c Orange Juice 1 c Milk	5 1 c WG Raisin Bran Cereal 1 oz WG Toast Butter 1 String Cheese (1oz) ½ c Cran Apple Juice 1 Medium Banana, ½ c Applesauce 1 c Milk	6 3 oz WG Blueberry Muffin Butter 4 oz Greek Strawberry yogurt ½ c Apple Juice 1 c Cantaloupe 1 c Milk	7 Hot 2 Hard Boiled Eggs 2oz 2 c WG Pancakes (2.28 oz) Syrup 1 c Peaches ½ c Prune Juice 1 c Milk
HOT LUNCH	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	3 oz Slice Turkey & Gravy ½ c Stuffing 2 oz WG Roll w Butter ½ c Broccoli & Cauliflower ½ c Corn ½ c Baked Cinnamon Apple/Applesauce 1 c Milk Veg: 3 oz Chicks Strips	3 oz Grilled Pollock w/ tarter sauce 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	2 Oven Fried Chicken Legs 3 oz 2 oz Corn Muffin ½ c Mashed sweet potatoes ½ c 4 Way vegetable mix ½ c Plum 1 c Milk Veg. 3 oz Vegan Nuggets	1.5 c Spaghetti & Meat Sauce 3 oz m/ma, 1.5 oz WG grain ½ c Spinach ½ c Sautéed Summer Squash ½ c Tangerine 1 oz WG Roll w/ butter 1 c Milk Veg: Spaghetti w/ Cheese
PM SNACK	½ c Strawberries ½ c Cottage Cheese	1 ½ c Egg Salad 1 WG Slider Roll	1 WG Bagel w Cream Cheese ½ c Pineapple Tidbits	1 oz LF String Cheese ½ c Melon	½ c Greek Fruited Yogurt 1 oz WG Granola



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MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	10 Yogurt Bowl ** ½ c Greek Strawberry Yogurt 1 oz m/ma ½ c WG Granola 2 oz 1 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ½ c Grape Juice 1 c Milk	CENTER CLOSED	12 1 c Corn Flakes 1 oz WG Toast 1 oz Cottage Cheese ½ c Diced Pears 1 c Apple Slices alt 1 c Applesauce 1 c Milk	13 2 oz WG English Muffin w Jelly 1 String cheese 1 c Cantaloupe ½ c Apple Juice 1 c Milk	14 <u>Hot</u> 2 WG French Toast (2 oz) Syrup 1 oz LS Turkey Sausage 1 c Strawberries ½ c Orange Juice 1 c Milk
	1.5 c Chicken Tikka Masla 3 oz chicken, 2 oz tikka sauce <i>Chicken Tikka Masala - Once Upon a Chef</i> 1 c WG Rice ½ c Sautéed Spinach ½ c Ginger Cauliflower ½ c Mandarin Orange 1 c Milk Veg: 3 oz Chickpea marsala		1.5 c Tuna Noodle Casserole (3 oz MA, 1.5 oz WG Grain, ¼ c veg- onion, celery, bell peppers) 1 oz Garlic Bread ½ c Green Beans ½ c Cannellini bean ½ c Plum 1 c Milk Veg: Same	3 oz Sunny Lemon Chicken ½ c Peas ½ c Eggplant roasted 2 oz WG Linguine w/ butter ½ c Apple Slices 1 c Milk Veg: 3 oz Meatless Chicken	1 ½ c Chicken & Dumplings 3 oz Chicken ½ c Veg 1 oz Dumplings 1 oz WG Roll w Butter ½ c Lima bean ½ c Pineapple 1 c Milk Veg: Chix Strips
	PM SNACK 1 oz WW Crackers 2 IW Cheddar Cheese 1.5oz		2 oz Blueberry Mini Muffin ½ c Peaches	½ c Mixed Berries 1 oz String Cheese	1 oz Granola ½ c (4 oz) Vanilla Greek Yogurt



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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	17		18		19		20		21
BREAKFAST	1 c Corn Flakes Cereal 1 oz WG Toast butter 1 Hard Boiled Egg 1 Medium Banana ½ c Orange Juice 1 c Milk	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 Pineapple Juice 1 c Milk	¾ 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 Bagel Butter and Jelly 1 String Cheese 1 c Honeydew ½ c Grape Juice 1 c Milk	Hot 1 Omelet 3.5oz 1 WG English Muffin Butter 1 c Strawberry applesauce ½ c Apple Juice 1 c Milk				
	Chinese Style Vegetables w/ Orange Chicken (3 oz M/MA, 1 oz veg.) 2 oz Brown Rice ½ c Roasted Carrots ½ c Edamame ½ c Tropical Fruit Cup 1 c Milk	1 ¼ c Vegetarian Lasagna 3ozm/ma, ½ c noodles (1 oz grain) 1 oz Garlic Bread ½ C Italian Blend ½ c Acorn squash 1/2 c Pears 1 c Milk	3 oz Hamburger w/ Lettuce, Tomato, Onion 2 oz WG Bun ½ c Roasted Potatoes ½ c Steamed broccoli ½ c Banana 1 c Milk	1.75 c Beef Lo Mein (3 MA, 2.5 oz WG, ¼ c Veg – Carrot, Broccoli) 1.5 oz Vegetable Egg Roll (US Foods #4959086) ½ c Bok Choy ½ c Pumpkin ½ c Tangerine 1 c Milk	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: Teriyaki Tofu	Veg: Same	Veg: 3 oz Vegetarian Patty	Veg: Soy Beef	Veg: 3 oz Chicks Strips				
	PM SNACK	1 oz Cheese cubes ½ c Cucumber Rounds	½ c Pineapple Tidbits 1 oz WG Goldfish	1 oz Turkey Slice 1 oz Cheese Slice 8 WG Ritz Crackers	1oz Graham Crackers 8sq ½ c Applesauce	½ c Vanilla Yogurt ½ c Pears			



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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
BREAKFAST	24	25	26	27	28				
	1 c WG Raisin Bran Cereal 1 oz WG Toast butter 1 Hard Boiled Egg 1 c Fruit Cocktail 1 Medium Banana 1 c Milk	Hot 2 WG French Toast 2oz & Syrup 1 oz LS Turkey Sausage 1 c Pears ½ c Cran-Apple Juice 1 c Milk	MYO Parfait 8 oz Fruited Yogurt ½ c Nut free Granola 1 c Mixed Berries ½ c Apple Juice 1 c Milk						
	Nashville Hot Chicken Sandwich (3 oz Chicken Patty 2 oz WG Bun) ½ c Vinaigrette slaw (Red Cabbage, Shredded Carrots, Cabbage) ½ c Baked Beans ½ c baked cinnamon apples 1 c Milk	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	THANKSGIVING MENU 3 oz Sliced Turkey & Gravy ½ c Cornbread Stuffing ½ c Sweet Potato / Marshmallows ½ c Green Beans Casserole ½ c Cranberry Sauce 1 Si Pumpkin Pie 1 c Milk	Happy Thanksgiving Day 					
HOT LUNCH	Veg: Chix Strips	Veg: 3 oz vegetarian patty	Veg: 5 Chix Nuggets)						
PM SNACK	1 oz Cheddar Cheese 2 Mini Muffin (2oz)	8 Squares Graham Crackers (2 oz) ½ c Tootie Fruity Chip Dip (Diced peaches and Diced Apple)	½ Pint Milk 1 c WG Rice Chex Cereal (1 oz)						