

Alexandria Adult Day Services Center July 2026 LUNCH Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Butter Chicken Brown Rice Roasted Zucchini Pita Bread Banana Milk	2 Swedish Meatballs Mashed Potatoes Spinach Roll Orange Milk	3 ADSC CLOSED
6 Meatball Sub Provolone Cheese Green Beans Sub Roll Applesauce Milk	7 Blackened Flounder Parmesan Risotto Sautéed Spinach Cornbread Banana Milk	8 Asian Chicken WG Noodles Stir Fry Veggies WG Roll Orange Milk	9 Turkey Burger Roasted Veggies Burger Bun Apple Milk	10 BBQ Chicken Mac & Cheese Baked Beans Green beans Cornbread Applesauce Milk
13 Turkey Tetrazzini Pasta w/ Parmesan Peas, Carrots, Zucchini Roll Orange Milk	14 Chicken w/ Feta & Tzatziki Lemon Rice Roasted Veggies WG Pita Applesauce Milk	15 Teriyaki Meatballs Brown Rice Stir Fry Vegetables WG Roll Banana Milk	16 Chicken w/ Mushroom Sauce Mashed Potatoes Green Beans WG Roll Apple Milk	17 Shrimp and White Beans WG Pasta Sautéed Spinach Cornbread Banana Milk
20 Beef Ravioli w/ Marinara & Parmesan Cheese Green Beans WG Roll Apple Milk	21 Chicken w/ Sour Cream Rice & Beans Peppers & Onions WG Flour Tortillas Orange Milk	22 Garlic Butter Flounder Mashed Potatoes Sautéed Spinach WG Roll Banana Milk	23 Creamy Tuscan Chicken Pasta w/ Parmesan Green Beans WG Roll Applesauce Milk	24 Turkey & White Bean Chili Brown Rice Sautéed Spinach Cornbread Orange Milk
27 Turkey & White Bean Chili Brown Rice Sautéed Spinach Cornbread Orange Milk	28 Grilled Chicken Mushroom Risotto Green Beans WG Roll Banana Milk	29 Turkey w/ Vodka Sauce WG Pasta w/ Parmesan Chz Roasted Veggies Roll Orange Milk	30 Salmon Patty Veggie Rice Pilaf Sautéed Spinach Cornbread Fruit Cup Milk	31 Thai Chili Chicken Fried Rice Stir Fry Veggies WG Roll Applesauce Milk