

September 2026 Alexandria Adult Day Services Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1Philly Ground Beef Sandwich Sliced Cheese Green Peppers & Onions WG Sub Roll Apple Milk	2Turkey Chili W/ Beans Macaroni & Cheese Green Beans Cornbread Fruit Cup Milk	3Grilled Chicken Sandwich W/ Cheese, Honey Mustard, Tomato, & Onion Garden Salad WG Burger Bun Orange Milk	4Coconut Curry Shrimp & Chicken White Rice Sauteed Peas & Carrots WG Cornbread Applesauce Milk
7 LABOR DAY! CENTER CLOSED!	8Roasted Turkey Breast W/ Gravy Mashed Potato Roasted Vegetables WG Dinner Roll Orange Milk	9Herb & Parmesan White Fish Roasted Sweet Potato Green Beans Almondine WG Dinner Roll Fruit Cup Milk	10Chicken Enchilada Casserole Beans & Brown Rice Sauteed Peppers & Onions WG Cornbread Apple Milk	11Ground Beef Stir Fry Fried Rice Stir Fry Veggies W/ Peas Dinner Roll Fruit Cup Milk
14Bbq Turkey Meatloaf Mashed Potatoes Mixed Vegetables WG Cornbread Apple Milk	15Teriyaki Grilled Chicken Fried Veggie Rice Stir Fry Veggies W/ Peas WG Dinner Roll Orange Milk	16Salisbury Beef W/ Mushroom Gravy Mashed Potatoes Sauteed Spinach WG Dinner Roll Fruit Cup Milk	17Turkey Sloppy Joe Bag Baked Potato Chips Garden Salad WG Burger Bun Applesauce Milk	18Lemon Butter Flounder Parmesan Risotto Sauteed Spinach WG Dinner Roll Apple Milk
21Chicken Burrito Bowl W/ Cheese Spanish Rice & Beans Green Peppers & Onions WG Flour Tortillas Apple Milk	22Beef Burger W/ Cheese Coleslaw WG Bun Fruit Cup Milk	23Creamy Chicken W/ Dumplings Green Beans WG Dinner Roll Orange Milk	24Turkey Mushroom Ragu Cheese Tortellini Sauteed Spinach WG Dinner Roll Fruit Cup Milk	25Baked Salmon Mashed Potatoes Mixed Vegetables WG Dinner Roll Applesauce Milk
28Sesame Chicken Brown Rice Stir Fry Veggies Wg Dinner Roll Fruit Cup Milk	29Creamy Red Pepper Turkey Cheese Ravioli Sauteed Spinach Cornbread Apple Milk	30Chicken Tikka Masala Brown Rice Roasted Zucchini WG Pita Bread Applesauce Milk		