

**Adult Day Service Center
Lunch Menu
DECEMBER 2022**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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1 c WG Spaghetti 2 oz & ½ c sauce & 6 Meatballs
3 oz m/ma ½ c sauce
½ c Zucchini
½ c Italian Blend
1 Orange in Wedges **ADSC: Mandarin Oranges**
1 c Milk

1 ¼ c Shepherd's Pie
2 oz WG Roll w Butter
½ c Sautéed Spinach
½ c Fruit Compote
1 c Milk

1 c Beef Vegetable Soup (corn, green beans, onions, peas & Carrots)
2 oz WG Dinner Roll w/ butter
½ c Tropical Fruit Salad (Pineapple, Papaya, Guava)
1 c Milk

2 Oven Fried Chicken Legs 3 oz
2 oz WG Corn Muffin w Butter
½ c Baby Lima Beans
½ c Steamed Butternut Squash
¾ c Cherry Cobbler
1 c Milk

¾ c Beef & Macaroni Casserole
2 oz beef, ¼ c WG ½ oz
1 oz WG Roll w Butter
½ c Italian Blend
½ c Zucchini
½ C Peach Cobbler
1 c Milk

2 Cheese Manicotti (5.5oz) w ½ c Tomato Basil Sauce
3 oz m/ma 4 oz WG grain per food label
½ c Ratatouille
½ c Italian seasoned Zucchini
½ c Pears
1 c Milk

1 c Beef Pad Thai over ½ c bean sprouts 3 oz m/ma
1 c WG Linguini Noodles
½ c Broccoli
½ c Cantaloupe **ADSC: Fruit Cup**
1 c Milk

3 oz Grilled Pollock (3 oz m/ma)
1 oz WG Roll w Butter
½ c WG Rice (1 oz grain)
1 c Spinach in Garlic Sauce
½ c Cannellini Beans
½ c Mandarin Orange
1 c Milk

3 oz Steak Rice and Black Beans
1 oz WG Tortilla
½ c WG Rice (1 oz grain)
1 c Grilled Zucchini
½ c Pico de Gallo
½ c Cinnamon Baked Apple
1 c Milk

1 ¼ c Macaroni & Cheese
1 ½ oz Cheese, 1 c noodles 7.1 oz
½ c Vegetarian Baked Beans
½ c Cucumber Creamy Salad
½ c Stewed Tomatoes
½ c Grapes **ADSC: Fruit Cup**
1 c Milk

6 Swedish Meatballs (3 oz beef)
½ c WG Rice
1 oz WW Dinner Roll Butter
½ c Beets
½ c Hash Brown Potatoes
1 Banana
1 c Milk

1 ½ c Chicken & Dumplings
3 oz Chicken ½ c Veg
1 oz Dumplings
1 oz WG Roll w Butter
½ c Grilled Butternut Squash
½ c Pineapple
1 c Milk

1 c Beef Picadillo
(3 oz meat, ½ c Vegetables)
1 c WG Rice (8 oz Grain)
1 c Spinach Salad with Creamy Italian
½ c Pears
1 c Milk

1 ½ c Chicken Orzo Pasta With Green Peas (3 oz chicken, ¾ c wg orzo, ½ c pea)
½ c Sautéed Kale with Garlic
1 oz WG Dinner Roll w Margarine
½ c Mango
1 c Milk

1 ¼ c Chicken Pot Pie
3 oz chicken, ½ c Carrots & Peas
2 oz WG Biscuit
½ c Steamed Greens
½ c Fruit Cocktail
1 c Milk

Closed for the Christmas Holiday

Center Closed


1 c Chili con Carne
4 oz meat & Meat Alternate, ½ c vegetable
2 oz WG Corn Muffin w Butter
½ c Sautéed Collard Greens
1 Banana
1 c Milk

3 oz Lemon Chicken
½ c Wild Rice
½ c Green Beans
½ c Honey Glazed Carrots
½ c Melon Salad **ADSC: Fruit Cup**
1 c Milk

3 oz Breaded Fish Filet 2.5 oz m/ma 1 oz grain
2 oz WG Bun
½ c Shredded Kale
½ c Roasted Pumpkin
½ c Cinnamon Baked Apple
1 c Milk

¾ c Beef & Macaroni Casserole
2 oz beef, ¼ c WG ½ oz
1 oz WG Roll w Butter
½ c Italian Blend
½ c Zucchini
½ C Peach Cobbler
1 c Milk

**** ADSC: No Fresh Fruit except strawberries, watermelon, grapes, and bananas**