



Alexandria Adult Day Center Lunch Menu July 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<p>INDEPENDENCE DAY</p> <p>3 oz Hamburger Patty w/ Lettuce, Tomato, Onion 1 WG Bun ½ c Beets ½ c Mashed Potatoes 1/12 c Strawberries & Blueberries 1 c Milk</p>	<p>2 Oven Fried Chicken Legs 2 oz Cornbread ½ c Broccoli ½ c Scalloped Potatoes ½ c Pineapple 1 c Milk</p>	<p># 6 scoop Chicken Spinach Alfredo Bake (2 oz MMA, 1 oz grain) 1 oz WG Biscuit w/ Butter ½ c Green Peas ½ c Italian Vegetables ½ c Apricot ADSC: Fruit Cup 1 c Milk</p>	<p>3 oz Oven Roasted Haddock ½ c WG Cilantro Rice 1 oz WG Roll 3/4 c Cherry Cobbler ½ c Baked Beans ½ c Spinach 1 c Milk</p>	<p>1 ¼ c Vegetarian Lasagna <small>3oz m/m, ½ c noodles (1 oz grain)</small> 1 oz Garlic Bread 1 c Broccoli & Cauliflower ½ c Tangerine ADSC: Fruit Cup 1 c Milk</p>
10	11	12	13	14
<p>1.5 C Chicken Banh Mi Rice Bowl onion, cucumber, 3 oz M/M/A (2 oz grain, ½ c vegt-carrots, 1 C Brown Rice ½ c Edamame ½ c Mandarin Orange 1 c Milk</p>	<p>2 Oven Fried Chicken Legs 3 oz 2 oz WG Corn Muffin w/ Butter ½ c Spinach Side Salad w/ Ranch ½ c Creole Style Black Eyed Peas ¾ c Cherry Cobbler 1 c Milk</p>	<p>1 Bean Burrito 1 oz Mexican Brown Rice ½ c Zucchini ½ c Corn ½ c Peaches 1 c Milk</p>	<p>3 oz Chicken in Orange Sauce 1 c WG Rice ½ c Stir Fry Vegetables ½ c Cauliflower ½ c Strawberries and Blueberries 1 c Milk</p>	<p>1 ¼ c Macaroni & Cheese <small>1 ½ oz Cheese, 1 c noodles 7.1 oz</small> ½ c Vegetarian Baked Beans 2 oz m/m ½ c Cucumber Vinaigrette Salad ½ c Stewed Tomatoes 1/2 c Grapes 1 c Milk</p>
17	18	19	20	21
<p>2 Oven Fried Chicken Legs 3 oz 2 oz Cornbread w/ butter ½ c Roasted Cauliflower ½ c 4-way vegetable mix ½ c Berries 1 c Milk</p>	<p>#12 scoop Korean Beef Over Jasmine Rice <small>3-ounce eq. MMA and 1.25-ounce eq. Grain</small> ½ c Jasmine Rice 1 WG Roll w/ butter 1 c Garlic Seasoned Green Beans 1 Mango 1 c Milk</p>	<p>1 c Hawaiian Chicken Coconut Rice 3 oz M/M/A, ¼ c fruit, 1.25 oz grain ½ c Edamame ½ c Broccoli ½ c Watermelon 1 c Milk</p>	<p>1 c Chicken Spaghetti <small>(2 oz MMA/1 oz grain)</small> 1 oz WG Roll w butter ½ c Red Beans ½ Summer Squash ½ c Apricot ADSC: Fruit Cup 1 c Milk</p>	<p>3 oz Baked Cajun Fish (3 oz m/m) ½ c Rice Pilaf ½ c Collard Greens ½ c Carrots ½ c Strawberries 1 c Milk</p>
24	25	26	27	28
<p>3 oz Grilled Pollock ½ c Red Roasted Potatoes Wedges 2oz WG Bun ½ c Steamed Kale ½ c Carrots ½ c Blueberry Cobbler 1 c Milk</p>	<p>4 oz Turkey Burger with Tzatziki 3 oz m/m, ½ c vegetable 1 (2.5 oz) WG Pita ½ c Seasoned Green Beans 1 Apple in slices ADSC: Fruit Cup 1 c Milk</p>	<p>1 c Spaghetti & Meat Sauce <small>2 3 oz m/m, 1 oz grain</small> ½ c Garlic Mushrooms 1 oz WG Roll ½ c Collard Greens ½ c Melon Cup ADSC: Fruit Cup 1 c Milk</p>	<p>¾ C Chinese Style Vegetables Beef (3 oz M/M/A, ½ oz vegt) 2 oz Brown Rice ½ c Sautéed Spinach ½ c Orange Wedges ADSC: Fruit Cup 1 c Milk</p>	<p>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</p>
31				
<p>3 oz Hamburger Patty w/ Lettuce, Tomato, Onion 1 WG Bun ½ c Beets ½ c Mashed Potatoes 1/12 c Strawberries & Blueberries 1 c Milk</p>				

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