



# Alexandria Adult Day Center Lunch Menu AUGUST 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	2 Oven Fried Chicken Legs 2 oz Cornbread ½ c Broccoli ½ c Scalloped Potatoes ½ c Pineapple 1 c Milk	Chicken Spinach Alfredo Bake 1 oz WG Biscuit w Butter ½ c Green Peas ½ c Italian Vegetables ½ c Fruit Cup 1 c Milk	3 oz Oven Roasted Haddock ½ c WG Cilantro Rice 1 oz WG Roll ¾ c Cherry Cobbler ½ c Baked Beans ½ c Spinach 1 c Milk	1 ¼ c Vegetarian Lasagna 1 oz Garlic Bread 1 c Broccoli & Cauliflower ½ c Fruit Cup 1 c Milk
	7	8	9	10
1.5 C Chicken Banh Mi Rice Bowl onion, cucumber, 3 oz M/MA (2 oz grain, ½ c vege-carrots, 1 C Brown Rice ½ c Edamame ½ c Mandarin Orange 1 c Milk	1 Chicken Patty 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	1 Bean Burrito 1 oz Mexican Brown Rice ½ c Zucchini ½ c Corn ½ c Peaches 1 c Milk	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	<i>Crispy Chicken Sandwich            Bun            Potato Salad            Diced Peaches            Mayo, Mustard, Lettuce &amp; Tomato Pk</i>
	14	15	16	17
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	Korean Beef Over Jasmine Rice ½ c Jasmine Rice 1 WG Roll w/ butter 1 c <i>Garlic Seasoned Green Beans</i> ½ c Fruit Cup 1 c Milk	1 c Hawaiian Chicken Coconut Rice ½ c Edamame ½ c Broccoli ½ c Watermelon 1 c Milk	1 c Chicken Spaghetti 1 oz WG Roll w butter ½ c Red Beans ½ Summer Squash ½ c Fruit Cup 1 c Milk	3 oz Baked Cajun Fish ½ c Rice Pilaf ½ c Collard Greens ½ c Carrots ½ c Strawberries 1 c Milk
	21	22	23	24
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	4 oz Turkey Burger with Tzatziki 1 (2.5 oz) WG Pita ½ c Seasoned Green Beans ½ c Fruit Cup 1 c Milk	1 c Spaghetti & Meat Sauce ½ c Garlic Mushrooms 1 oz WG Roll ½ c Collard Greens ½ c Fruit Cup 1 c Milk	BBQ Chicken Sandwich Bun Egg Salad Mandarin Oranges Lettuce & Tomato Packs	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
	28	29	30	31
3 oz Hamburger Patty w/ Lettuce, Tomato, Onion 1 WG Bun ½ c Beets ½ c Mashed Potatoes 1/½ c Strawberries & Blueberries 1 c Milk	2 Oven Fried Chicken Legs 2 oz Cornbread ½ c Broccoli ½ c Scalloped Potatoes ½ c Pineapple 1 c Milk	Chicken Spinach Alfredo Bake 1 oz WG Biscuit w Butter ½ c Green Peas ½ c Italian Vegetables ½ c Fruit Cup 1 c Milk	3 oz Oven Roasted Haddock ½ c WG Cilantro Rice 1 oz WG Roll ¾ c Cherry Cobbler ½ c Baked Beans ½ c Spinach 1 c Milk	

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