

Alexandria Adult Day Center Lunch Menu October 2023



MONDAY

- 6 Swedish Meatballs 3 oz beef
- ½ c WG Rice
- 1 oz WW Dinner Roll Butter
- ½ c Beets
- ½ c Green Beans
- 1 Banana
- 1 c Milk

TUESDAY

- 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

WEDNESDAY

- 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

THURSDAY

- 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 Fresh Strawberries
- 1 c Milk

FRIDAY

- 1.5 c Minestrone Soup (0.5 oz m/ma, ¼ c vegetable)
- 2 oz PC Cheddar Cheese Wedge
- 10 WG Ritiz Crackers 1 oz grain
- ½ C Green Beans
- ½ c Fruit Cup
- 1 c Milk

**Center Closed
In Observance of
Indigenous Peoples Day**

9

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

10

- 1.75 c Chicken Curry Casserole 3 oz m/ma, ½ veg, 1 ½ oz WG
- 1 oz WG Roll w Butter
- ½ c Broccoli
- ½ c Watermelon
- 1 c Milk

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

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

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16

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

- 1 ¼ c Shepherd's Pie
3 oz beef, ½ c m potatoes
- 2 oz WG Roll w Butter
- ½ c Sautéed Spinach
- ½ c Fruit Compote
- 1 c Milk

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- 1.5 c Beef Vegetable Soup (com.green beans, onion, peas & carrots),
- ½ c Carrots
- 2 oz WG Dinner Roll w/ butter
- ½ c Tropical Fruit Salad (Pineapple, Papaya, Guava)
- 1 c Milk

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- 1 ¼ c Macaroni & Cheese
1 ½ oz Cheese, 1 c noodles 7.1 oz
- ½ c Vegetarian Baked Beans
- 1 String Cheese
- ½ c Cucumber Creamy Salad
- ½ c Stewed Tomatoes
- ½ c Fruit Cup
- 1 c Milk

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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
- ½ c: Fruit Cup
- 1 c Milk

20

23

- 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 <https://easyhealthyrecipes.com/beef-pad-thai/> ½ c bean sprouts 3 oz m/ma
- 1 c WG Linguini Noodles
- ½ c Broccoli
- ½ c Pineapple
- 1 c Milk

24

- 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

25

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

26

- 2 Oven Fried Chicken Legs 3 oz
- 2 oz WG Biscuit
- ½ c Creole Style Black Eyed Peas
- ½ c Steamed Greens
- ½ c Mango
- 1 c Milk

27

30

- 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

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