



Alexandria Adult Day Center Lunch Menu June 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">3</p> <p>3 oz Baked Cajun Fish 2 oz Cornbread ½ c Broccoli ½ c Italian Blend #6333256 zucchini, carrots, cauliflower, lima beans, green beans ½ c Strawberries 1 c Milk</p>	<p style="text-align: right;">4</p> <p>2 Cup Jambalaya (2 oz M/MA, ½ c veg-peppers, onions, tomatoes, 2 oz grain) 1 oz String Cheese ½ c Okra ½ c Mango 1 c Milk</p>	<p style="text-align: right;">5</p> <p>3 oz Chicken in Orange Sauce 1 c Lomein Noodles ½ c Bok Choy ½ c Cauliflower ½ c Pineapple 1 c Milk</p>	<p style="text-align: right;">6</p> <p>3 oz Salisbury Steak w/ mushroom gravy 2 oz WG Roll w. Butter ½ c Smashed Red Potatoes ½ c Catalina Vegetables (broccoli, green beans, carrots, red peppers) ½ c Fruit Cup 1 c Milk</p>	<p style="text-align: right;">7</p> <p>2 cup Chicken Fajita Pasta (3 oz M/MA, 2 oz WG, ½ cup vegetable – red peppers, green peppers, corn) ½ c Roasted Corn ¾ c Peach Strawberry Jello 1 c Milk</p>
<p style="text-align: right;">10</p> <p>3 oz Jerk Chicken 1 c Caribbean Yellow Rice ½ c Caribbean Callaloo ½ c Carribean Curry Beans ½ c Banana 1 c Milk</p>	<p style="text-align: right;">11</p> <p>1 c Sweet & Spicy Beef "Stir-fry" 3 ozm/ma, ½ c vegs(peppers, onions) 1 c WG Rice ½ c Green Beans 1 Mandarin Oranges 1 c Milk</p>	<p style="text-align: right;">12</p> <p>1 ¼ c Macaroni & Cheese 1 ½ oz Cheese, 1 c WG noodles 7.1 oz ½ c Vegetarian Baked Beans 2 oz m/ma ½ c Steamed Green Vegetables ½ c Grape Tomato Salad Cold ½ c Grapes 1 c Milk</p>	<p style="text-align: right;">13</p> <p>1 ¼ c Vegetarian Lasagna 2ozm/ma, ½ c noodles (1 oz grain) 1 oz Garlic Bread 1 oz String Cheese 1 c Broccoli & Cauliflower ½ c Tropical Fruit Salad (Pineapple, Papaya, Guava) 1 c Milk</p>	<p style="text-align: right;">14</p> <p>1.75 C Tuscan Smoked Turkey & Bean Soup (3 oz equivalent meat/meat alternate) 2 oz WG Roll w Butter ½ c Sautéed Squash ½ c Peas ½ c Fruit Salad (sliced apple, sliced pear and mandarin oranges) 1 c Milk</p>
<p style="text-align: right;">17</p> <p>1 c Spaghetti & Meat Sauce 2 oz m/ma, 1 oz grain ½ c Garlic Mushrooms ½ c Pears ½ c Carrots 1 oz WG Roll w/ Butter 1 c Milk</p>	<p style="text-align: right;">18</p> <p>1.5 cup Fish Chowder (1/2 c vege (1/4 c starch, 1/8 c red/orange, 1/8 cup other, 3 oz MMA) 2 oz WG Roll w/ butter 3/4 c Apple Crisp 1 c Field Greens w/ Balsamic Dressing 1 c Milk</p>	<p style="text-align: right;">19</p> <p>1 Cheesy Bean Burrito (1 oz grain equivalent and 3/4 cup red/orange vegetable and 1/8 cup legume) 3 oz Refried Beans ½ c WG Mexican Rice (1 oz grain) ½ c Corn ½ c Grapes 1 c Milk</p>	<p style="text-align: right;">20</p> <p>2 Oven Fried Chicken Legs 3 oz 2 oz WG Corn Muffin w Butter ½ c Steamed Collards ½ c Marinated Black Bean Salad ¾ c Cherry Cobbler 1 c Milk</p>	<p style="text-align: right;">21</p> <p>3 oz Meatloaf 2 oz WG Biscuit ½ c Mashed Potatoes ½ c Creamed Spinach ½ c Peach 1 c Milk</p>
<p style="text-align: right;">24</p> <p>Chicken and Waffles 3 oz chicken tender 2 oz WG Waffle w/ syrup ½ c Steamed Spinach ½ c Peas ½ c Blueberries & Strawberries 1 c Milk</p>	<p style="text-align: right;">25</p> <p>2 c Broccoli, Cheese & Rice Casserole (3 oz M/MA, 1.5 c dark leafy green 1.5 oz grain) 1 oz WG Roll w Butter ½ c Roasted Root Vegetable ½ c Cantaloupe 1 c Milk</p>	<p style="text-align: right;">26</p> <p>2 c Vegetarian Lentil Soup 3 oz m/ma and 3/4 c vegetable 14 (2 oz) WG Triscuit type Cracker ½ c Carrots ½ c Steamed Collard Greens ½ c Tropical Fruit Salad 1 c Milk</p>	<p style="text-align: right;">27</p> <p>2 Oven Fried Chicken Legs 3 oz 2 oz WG Biscuit w Butter ½ c Roasted Cauliflower ½ c Black Eyed Peas ½ c Fruit Cup 1 c Milk</p>	<p style="text-align: right;">28</p> <p>3 oz Salmon Patty w/ Lemon Dill Sauce 1 c WG Wild Rice (3 oz grain) ½ c Steamed garlic Kale ½ c Coleslaw ½ c Pineapple 1 c Milk</p>