JEFFERY'S CATERING

Alexandria Adult Day Service Center

MARCH MENU 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 3 oz Chicken Tikka Masala 1 cup Brown Rice ½ c Turmeric Roasted Cauliflower ½ c Saag Aloo ½ C Banana 1 c Milk ***Veg: Chix Strips***	**4** 1.5 c Beef Stroganoff 3 m/ma 1 c **WG** Egg Noodles 2 oz ½ c Diced **Sweet Potatoes** ½ c **Brussels Sprouts** ½ c Grapes 1 c Milk ***Veg 1 c Soy Beef Stroganoff***	**5** 1 ¼ c Vegetarian Lasagna *3ozm/ma, ½ c noodles (1 oz grain)* 1 oz Garlic Bread ½ c Italian Blend ½ c Peas ½ c **Fruit Salad** 1 c Milk ***Veg: Same***	**6** 3 oz Oven Fried Chicken 2 oz **WG** Roll w Butter ½ c Green Beans 1/2 C Gingered Cabbage Salad ¾ c **Peach Cobbler** 1 c Milk ***Veg: 3 oz Chix Strips***	**7** 3 oz Breaded Fish Filet *2.5 oz m/ma 1 oz grain* 2 oz **WG** Bun ½ c **Sauteed Spinach** ½ c **Magenta Root Slaw** ½ c Clementine 1 c Milk ***Veg : Same***
10 2 Oven Fried Chicken Legs 3 oz 2 oz **WG** Corn Muffin w Butter ½ c **Steamed Collards** ½ c **Creole Style Black Eyed Peas** ¾ c Cherry Cobbler 1 c Milk ***Veg: 3 oz Chicks Tenders***	**11** 3 oz Slice Turkey & Gravy ½ c Stuffing 1 oz **WG** Roll w Butter ½ c **Broccoli** & Cauliflower ½ c Pimento Corn ½ c Baked Cinnamon Apple/Applesauce 1 c Milk ***Veg: 3 oz Chicks Strips***	**12** 1 ½ c Beef Pho 2 oz m/ma 1 oz WG & 4 Meatballs with Rice noodles 1 oz WG Biscuit w/ Butter ½ c Zucchini ½ c Green Beans 1 **Orange in Wedges** 1 c Milk ***Veg: 1 ½ c TofuPho 2 oz m/ma 1 oz whole grain***	**13** 3 oz Chicken & Gravy ½ c WG Rice 1 oz **WG** Roll w Butter ½ C Peas & Carrots ½ c Butternut Squash ½ c Pineapple 1 c Milk ***Veg: 3 oz Grilled Chix Strips & 1 oz Dumplings***	**14** 3 oz Florentine Cod ½ c Macaroni & Cheese 1 oz WG Roll ½ c Cucumber Salad ½ c Stewed Tomatoes ½ c Grapes 1 c Milk ***MOW Veg: Same***
17 Italian Spaghetti 3 oz beef, 2 oz Mozz cheese ½ c WG Noodles 1 oz Garlic Bread ½ c Green Beans ½ c Yellow Squash ½ c Fruit Salad 1 c Milk ***Veg. Soy Beef 3 oz***	**18** 3 oz Yangs Lemongrass Chicken ¾ c **WG** Fried Rice (Peas and Carrots) 1 oz WG Roll w Butter ½ c **Bok Choy** ½ c Butternut Squash ½ c Pear 1 c Milk ***Veg. Chix Strips or Tofu***	**19** 4 oz Meatloaf & Gravy 2 oz **WG** Biscuit w Butter ½ c Roasted broccoli ½ c Mashed Potatoes ¾ c Peach cobbler 1 c Milk ***Veg. Soy Beef***	**20** 1 c chicken Pad Thai over *(3oz Chicken Strips 1/2 c Bean Sprout & Red Pepper)* 1 c **WG** Linguini Noodles ½ c Asian vegetable blend ½ c Pineapple 1 c Milk ***Veg. Chix Strips***	**21** 3 oz Breaded Fish *Filet 2.5 oz m/ma 1 oz grain / Tartar Sasuce* 2 oz **WG** Bun ½ c **Steamed Kale** ½ c **Roasted Pumpkin** ½ c Cinnamon Baked Apple 1 c Milk ***Veg: Same***
24 3 oz Yangs Mandarin Orange Chicken 1 c **WG** Rice ½ c **Broccoli** asian blend veg ½ c Snap Peas 1 **Mandarin Oranges** 1 c Milk ***Veg: 3 oz Tofu „Stir fry"*** 3 oz	**25** 1 Oven Fried Chicken 3 oz 2 oz **WG** Corn Muffin ½ c Green Beans 1/2 C Bean Salad ¾ c **Peach Cobbler** 1 c Milk ***Veg: 3 oz Chix Strips***	**26** 1.5 c Spaghetti & Meat Sauce ½ c **Broccoli** ½ c Sauteed Summer Squash ½ c Tangerine 1 oz WG Roll w/ butter 1 c Milk ***Veg: Spaghetti with Soy Beef***	**27** 3 oz Chicken & Gravy ½ c Stuffing 1 oz gr 1 WG Dinner Roll & butter ½ c French Green Beans ½ c **Seasoned Carrots** ½ c Pear 1 c Milk ***Veg: 3 oz Chix Strips***	**28** 3 oz Salmon with lemon dill sauce ½ c WG Quinoa 1 oz WG Dinner Roll w Butter ½ c Au Gratin Potatoes ½ c **Spinach** 3/4 c Cinnamon Baked Apple/Cinnamon Applesauce 1 c Milk ***Veg: same***
31 1 ¼ c Beef Pot Pie *3 oz m/ma, ½ c* **Carrots** 2 oz **WG** Biscuit w/ butter ½ c Peas ½ c Orange 1 c Milk ***Veg: Soy Beef***				

Head Start & USDA are equal opportunity providers & employers *Fresh Fruit to include seasonal rotation of fruits available to include – plums, pears, peaches, berries* **EO, MPH,RDN.LDN**

Whole Grain, Red Fruit/Vegetable, Green Fruit/Vegetable, Orange Fruit/Vegetable, Bean Dish