

## August 2026 Alexandria Adult Day Services Lunch Menu

| Monday                                                                                                          | Tuesday                                                                                                       | Wednesday                                                                                                                  | Thursday                                                                                                                           | Friday                                                                                                 |
|-----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| <b>3</b><br>Chicken Piccata<br>Mashed Potatoes<br>Green Beans<br>Cornbread<br>Orange<br>Milk                    | <b>4</b><br>Lemon Pepper Flounder<br>Brown Rice Pilaf<br>Sauteed Spinach<br>Dinner Roll<br>Fruit Cup<br>Milk  | <b>5</b><br>Beef Stroganoff<br>Egg Noodles<br>Green Beans, Peas, Carrots<br>Dinner Roll<br>Applesauce<br>Milk              | <b>6</b><br>Turkey Enchilada Bowl<br>Quinoa & Black Beans<br>Green Peppers & Onions<br>Dinner Roll<br>Fruit Cup<br>Milk            | <b>7</b><br>Chicken Alfredo<br>WG Pasta w/ Parmesan<br>Sauteed Spinach<br>Dinner Roll<br>Apple<br>Milk |
| <b>10</b><br>Baked Salmon<br>Rice<br>Vegetable Bled<br>Cornbread<br>Orange<br>Milk                              | <b>11</b><br>Turkey Shepherd's Pie<br>Mashed Potato<br>Sauteed Spinach<br>Cornbread<br>Fruit Cup<br>Milk      | <b>12</b><br>Chicken w/ Asian Sauce<br>Brown Fried Rice<br>Stir Fry Vegetables w/ Peas<br>Dinner Roll<br>Fruit Cup<br>Milk | <b>13</b><br>Chili w/ cheese & sour cream<br>Brown Rice & Black Beans<br>Green Peppers & Onions<br>Cornbread<br>Applesauce<br>Milk | <b>14</b><br>Cajun Chicken Pasta<br>WG Pasta<br>Sauteed Spinach<br>Dinner Roll<br>Orange<br>Milk       |
| <b>17</b><br>Shrimp & Chicken Jambalaya<br>Brown Rice<br>Green Peppers & Onions<br>Dinner Roll<br>Apple<br>Milk | <b>18</b><br>Meatballs & Puttanesca Sauce<br>WG Pasta<br>Vegetable Blend<br>Dinner Roll<br>Applesauce<br>Milk | <b>19</b><br>Sweet and Sour Chicken<br>Brown Fried Rice<br>Stir Fry Vegetables w/ Peas<br>Dinner Roll<br>Fruit Cup<br>Milk | <b>20</b><br>Turkey Meatloaf w/ Gravy<br>Parmesan Mashed Potatoes<br>Sauteed Spinach & Carrots<br>Cornbread<br>Fruit Cup<br>Milk   | <b>21</b><br>3 Bean Turkey Chili<br>Brown Rice<br>Peppers & Onions<br>Dinner Roll<br>Orange<br>Milk    |
| <b>24</b><br>Middle Eastern Beef Pita<br>Lentil Salad<br>Vegetable Blend<br>WG Pita Bread<br>Apple<br>Milk      | <b>25</b><br>Flounder w/ Lemon Sauce<br>WG Pasta<br>Green Beans & Carrots<br>Dinner Roll<br>Fruit Cup<br>Milk | <b>26</b><br>Turkey Tacos<br>Spanish Rice & Blk Beans<br>Green Peppers & Onions<br>Flour Tortillas<br>Fruit Cup<br>Milk    | <b>27</b><br>Chicken w/ Creamy Corn Sauce<br>Mashed Potatoes<br>Sauteed Spinach<br>Cornbread<br>Apple<br>Milk                      | <b>28</b><br>Turkey Sloppy Joe<br>Creamy Coleslaw<br>WG Bun<br>Fruit Cup<br>Milk                       |
| <b>31</b><br>Chicken Parmesan<br>WG Pasta<br>Mixed Vegetables<br>Dinner Roll<br>Orange<br>Milk                  |                                                                                                               |                                                                                                                            |                                                                                                                                    |                                                                                                        |