VDA Alexandria HOT MENU – DECEMBER 2015

1108 Jefferson Street, Alexandria, VA 22314 703-746-5676 Fax: 703-519-3312

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 6 Swedish Meatballs 1 c Noodles ½ c Beets ½ c Cheesy Spinach ½ c Fruit Cocktail 1 c Milk	Thailand **2** 4 oz Thai Basil Chicken 1 c Basmati Rice ½ c Southwest Corn Salad ½ c Pear ½ c Asian Vegetables 1 c Milk	**3** ¾ c Beef Sloppy Joe 2 oz WW Bun ½ c Mississippi Collard Greens ½ c Yellow Squash ½ c Apple Slices 1 c Milk	**4** NO MEALS
7 6 Meatballs ¼ c Cheese ½ c Marinara Sauce 1 WW Hoagie Roll 2.25oz ½ c Tuscan Spinach and Potatoes 1 Orange (ADSC Pineapple Tidbits) 1 c Milk	**8** 2 oz. Oven Fried Chicken 1 c Sweet Potatoes 1 c Green Beans 1 oz. WG Roll ½ c Mandarin Oranges 1 c Milk	**9** 3 oz Barbecue Beef 2 oz Roll ½ c Honey Roasted Potatoes ½ c Baked Beans ½ c Mandarin Oranges 1 c Milk	**10** NO MEALS	**11** 3 oz Chicken Salad 2 oz WG Roll 1 c Tossed Salad ½ c German Potato Salad 1 Banana 1 c Milk
Italian **14** 1 c Chicken Cacciatore *4 oz Chicken ½ c Sauce* 1 c Pasta ½ c Zucchini and Fresh Basil ½ c Mixed Vegetables ½ c Cinnamon Apples 1 c Milk	**15** 2 Beef Tacos *2 oz Beef* 1 oz Monterey Jack Cheese 2 Corn Shells 2.25 oz 1 c Romaine ½ c Red Beans ½ c Pineapple 1 c Milk	**16** CENTER CLOSED	**17** 1 ½ c Beef Stew • *4 oz beef, ½ c carrots, potatoes, peas* ½ c Noodles 1 oz Biscuit ½ c Creamed Spinach 1 Banana 1 c Milk	**18** 3 oz Smoked Turkey 2 oz WG Bun ½ c Lettuce, ¼ c Tomato ½ c Pineapple Carrot Salad ½ c Banana 1 c Milk
21 2 CN Chicken Patty (4oz) 2 oz WG Bun Ketchup ½ c Hot Apple Cabbage Salad ½ c Brussels Sprouts 1 Banana 1 c Milk	**22** 3 oz Slice Turkey& Gravy ½ c Stuffing 1 oz Roll ½ c Mashed Potatoes ½ c Collard Greens ½ c Honeydew (ADSC Grapes) 1 c Milk	**23** 2 oz. Oven Fried Chicken 1 c Mashed Potatoes ½ c Green Beans ½ c Tossed Salad 1 oz. WG Roll ½ c Cherry Cobbler 1 c Milk	CENTER CLOSED **24** 	CENTER CLOSED **25**
28 1 Goblaki *2 oz Beef + 1 oz cheese* ½ c WG Rice 1 oz WG Roll ½ c Steamed Greens ½ c Fiesta Corn 1 Orange (ADSC Diced Pears) 1 c Milk	**29** 3 oz Teriyaki Chicken Tenders) 1 c Mandarin Brown Rice Salad *½ c Rice, ½ c Mandarin Oranges* 1 oz WG Roll ½ c Asian Succotash ½ c Pineapple 1 c Milk	**30** 3 oz Meatloaf & Gravy 2 oz Whole Grain Roll ½ c Mashed Potatoes ½ c Green Beans Almandine ¾ c Peach Cobbler 1 c Milk	NEW YEAR'S EVE **31** Morocco 4 oz Moroccan Chicken 1 c Curried Couscous ½ c Broccoli Florets ½ c Carrots ½ c Fall Fruit Compote 1 c Milk	

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Fresh Fruit to include seasonal rotation of fruits available to include – plums, pears, peaches, berries

M.R.Mallette, RD, CDM, CFPP 9-3-15

JEFFERY'S CATERING

VDA Alexandria COLD MENU - DECEMBER 2015

December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 2 oz Turkey 1 oz Cheese 2 WW Bread ½ c Lettuce ¼ c Tomato ½ c Cowboy Caviar ½ c Cantaloupe 1 c Milk	**2** 3 oz Egg Salad 2 Sl WW Bread ½ c Lettuce ¼ c Tomato ½ c Gravel Salad 1 Banana 1 c Milk	**3** 3 oz Pastrami 2 oz WW Roll ½ c Lettuce ¼ c Tomato ½ c Pear or banana ½ c Broccoli Salad 1 c Milk	**4** Cottage Cheese Cold Plate ½ c Cottage Cheese ½ c Peaches ½ c Pineapple ½ c Apricots 1 oz String Cheese 2 oz Bran Muffin, 1 c Milk
7 2ozTurkey1ozCheese 2 WW Bread ½ c Lettuce ¼ c Tom ½ c Fava Bean Salad ½ c Cole Slaw 1 c Milk	**8** 2 Asian Beef Spring Roll *3 oz Beef, 2 oz Flour tortilla* ½ c Seasoned Green Bean Salad ½ c Mandarin Oranges ½ c Peach 1 c Milk	**9** 3 oz Chicken Salad 2 oz WG Roll 1 c Tossed Salad ½ c German Potato Salad 1 Banana 1 c Milk	**10** 2 oz Roast Beef 1 oz Cheese 2 Sl WW Bread ½ c 4 Bean Salad ½ c Italian Tomato Salad ½ c Fresh Fruit Salad 1 c Milk	**11** 3 oz Tuna Salad 2 oz WW Roll ½ c Lettuce ¼ c Tomato ½ c Fruit Salad ½ c Balela Salad 1 c Milk
14 3 oz Roast Beef 2 oz WW Roll ½ c Broccoli Salad ½ c Pears ½ c Cole Slaw 1 c Milk	**15** 3 oz Marinated Chicken 2 Sl WG Bread ½ c Lettuce ¼ c Tomato ½ c Honeydew ½ c Cucumber Salad 1 c Milk	**16** ½ c Cottage Cheese 1 oz String Cheese 4 Breadsticks ½ c Grapes ½ c Fresh Fruit Salad ½ c Greek Garbanzo Salad 1 c Milk	**17** 2 oz Roast Chicken 1 oz Cheese 2 oz Soft WW Bun ½ c Lettuce ¼ c Tomato ½ c Picnic Salad ½ c Peach 1 c Milk	**18** 3 oz Asian Chicken 2 oz WG Bread ½ c Lettuce ¼ Tomato ½ c Cole Slaw ½ c Pineapple 1 c Milk
21 3 oz Cold Cuts & Cheese 2 oz WG Flatbread ½ c Lettuce 1 c Cannellini Salad ¾ c Fruited Jello 1 c Milk	**22** 4 Pieces Cheese Ribbon Sandwich *2 oz WG Bread, 2 oz Cheese* 4 oz Yogurt ½ c Honeydew ½ c Pineapple ½ c Peaches 1 c Milk	**23** 3 oz Grilled Chicken 2 oz WW Bun 1 c Tossed Salad ½ c Mandarín Orange ½ c Gravel Salad 1 c Milk	**24** 3 oz Roast Beef 2 oz WG Bun ¾ c Broccoli Salad ¾ c Pears 1 c Milk	**Merry Christmas** **25** 3 oz Smoked Turkey 2 oz WG Bun ½ c Lettuce, ¼ c Tomato ½ c Pineapple Carrot Salad ½ c Banana 1 c Milk
28 4 oz Egg Salad 2 oz WG Roll ½ c Cowboy Caviar ½ c Cucumber Salad 1 Banana 1 c Milk	*Taco Salad* **29** 2 oz Taco Meat 1 oz Monterey Jack 2 oz Baked Tortilla chips 1 c Romaine, ¼ c Tomato w Ranch ½ c Black Beans ½ c Mandarin Oranges 1 c Milk	**30** 8 oz Yogurt 1 oz String Cheese 2 oz Bran Muffin 1 c Field Greens dressing ½ c Mexican Bean Salad ½ c Holiday apple Salad 1 c Milk	**31** 3 oz Tuna Salad 2 oz English Muffin ½ c Lettuce ¼ c Tomato ½ c Meditarrean Chick- pea Salad, ½ c Mixed Fruit 1 c Milk	

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