Alexandria Adult Day Service Center

Lunch Menu

1108 Jefferson Street Alexandria, VA 22314
Phone number 703-746-5676 Fax no. 703 519 3312

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 3 oz Meatloaf & Gravy 2 oz WG Roll w Margarine ½ c Spring Peas ½ c Mashed Potatoes ½ c Strawberries 1 c Milk	**2** 1 ¼ c Macaroni & Cheese *1 ½ oz Cheese, 1 c noodles* ½ c Baked Beans ½ c Cucumber Salad ½ c Broccoli ½ c Pear 1 c Milk	**3** 3 oz Slice Turkey & Gravy ½ c Stuffing 1 oz WG Roll w Margarine ½ c Sweet Potatoes ½ c Green Beans Almandine ¾ c Cherry Crisp 1 c Milk	**4** 2 Beef Tacos 2 oz Taco shell 3 oz Beef & Cheese 1 c Romaine Lettuce & Tomato ½ c Salsa 1 Banana 1 c Milk	**5** 1 Oven Fried Chicken Breast 4 oz ½ c WG Rice 1 oz Biscuit w Margarine ½ c Spinach ½ c Corn 1 Apple sauce 1 c Milk
8 1 c Spaghetti & 1 c Meat sauce *4 oz beef ½ c sauce* 1 pc Parmesan Cheese (.1oz) ½ c Zucchini ½ c Green Beans ½ c Peach 1 c Milk	**9** 3 oz Baked Chicken Breast 2 oz WG Roll w Margarine ½ c Mashed Potatoes ½ c Normandy Vegetable Medley 1 Mandarin Oranges 1 c Milk	**10** 3 oz Beef Barbecue (#10 scoop) 2 oz WG Roll ½ c Vegetarian Baked Beans ½ c Honey Roasted Potatoes ½ c Pineapple 1 c Milk	**11** 4 oz Rockfish w Tartar Sauce ½ c WG Rice 1 oz Biscuit w Margarine 1 c Romaine w Italian ½ c Balsamic Crispy Slaw F -13r ½ c Pear 1 c Milk	**12** 3 oz Korean Barbecue Beef ½ c Jasmine Rice 1 oz WG Roll w Margarine ½ c Pan Fried Squash ½ c Bok Choy ½ c Mandarin Oranges 1 c Milk
15 4 oz Chicken Cacciatore *4 oz Chicken & ½ c Sauce* ½ c Spaghetti 1 WG Breadstick ½ c Corn ½ c Parmesan Squash 1 Applesauce 1 c Milk	**16** 3 oz Seasoned Chicken Fajita 2 - 6 in Tortillas 2oz ½ c Peppers & Onions 1 c Romaine Salad w Italian ½ c Pineapple 1 c Milk	**17** 1 ¼ c Beef & Macaroni *Casserole 4 oz beef, ½ c noodles* 1 oz WG Roll w Margarine ½ c Spinach ½ c Carrots ½ c Strawberries 1 c Milk	**18** 2 Oven Fried Chicken Legs 4oz 2 oz oz WG Biscuits w Margarine ½ c Collards ½ c Plum ¾ c Apple Cobbler 1 c Milk	**19** 3 oz Stir Fried Chicken ½ c Roasted Potatoes 1 oz Chow Mein Noodles ½ c Japanese Vegetables ½ c Kale & Azuki Beans ½ cup Mandarin Oranges 1 c Milk
22 1 Stuffed Peppers *3 oz beef* ½ c WG Rice 1 oz WG Biscuit w Margarine ½ c Spring Peas ½ c Broccoli ½ c Peaches 1 c Milk	**23** 3 oz Sliced Turkey & Gravy 2 oz WG Roll w Margarine ½ c Mashed Potatoes ½ c Steamed Mix Greens 1 Apple (6 Slices) ½ cup Applesauce 1 c Milk	**24** 1 c Red Velvet Chili *½ c Beef & Beans, ½ c beets* 2 oz WG Biscuit w Margarine 1 c Romaine Salad w Ranch ½ c Cantaloupe ½ : Fruit Cup 1 c Milk	**25** 4 oz Honey Glazed Chicken ½ c Jasmine Rice 1 oz WG Biscuit w Margarine ½ c Stir Fried Carrots & Baby corn ½ c Green Beans ½ c Mandarin Oranges 1 c Milk	**26** 3 oz Barbecue Chicken 1 (2oz) Potato Roll 1 c Spinach Salad w Balsamic Vinaigrette ½ c Baked Beans ¾ c Peach Cobbler 1 c Milk
29 1 Goblaki *3 oz Beef + 1 oz Cheese* ½ c WG Rice 1 oz WG Roll w Margarine 1 c Romaine Salad Italian ½ c Carrot Coins ½ c Watermelon 1 c Milk	**30** 4 oz Teriyaki Chicken 1 c Brown Rice ½ c Asian Succotash ½ c Squash Medley ½ c Pineapple 1 c Milk	**31** 3oz Meatloaf & Gravy 2 oz WG Roll w Margarine ½ c Roasted, Diced Potatoes ½ c Green Beans ¾ c Apple Crisp 1 c Milk		

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