JEFFERY'S CATERING

# Alexandria Adult Day Services Center
# May 2016 Lunch Menu

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 2<br>Italian<br>1 c Chicken Cacciatore<br>*4 oz Chicken ½ c Sauce*<br>1 c Pasta<br>½ c Zucchini and Fresh Basil<br>½ c Cinnamon Applesauce<br>1 c Milk | 3<br>4 oz Battered Tilapia w lemon and tartar sauce<br>½ c Rice Pilaf<br>1 oz WG Roll / Margarine<br>1 c Romaine Salad w Ranch<br>½ c Red Beans<br>½ c Pineapple<br>1 c Milk | 4<br>2 CN Chicken Patty (4oz)<br>2 oz WG Bun<br>½ oz Ketchup<br>½ c 4 Bean Salad<br>½ c Brussels Sprouts<br>1 Banana<br>1 c Milk | 5<br>1 ½ c Beef Stew<br>• *4 oz beef, ½ c carrots, potatoes, peas*<br>½ c Noodles<br>1 oz Biscuit / Margarine<br>½ c Creamed Spinach<br>1 Banana<br>1 c Milk | 6<br>2 Oven Fried Chicken Leg 4 oz<br>2 oz Cornbread / Margarine<br>½ c Spring Peas<br>½ c Candied Sweet Potatoes<br>½ c Honeydew **ADSC Fruit Cup**<br>1 c Milk |
| 9<br>6 Meatballs<br>*¼ c Cheese ½ c Marinara Sauce*<br>1 WW Hoagie Roll 2.25 oz<br>½ c Spinach<br>½ c Pears<br>1 c Milk | 10<br>3 oz Slice Turkey& Gravy<br>½ c Stuffing<br>1 oz Roll / Margarine<br>½ c Mashed Potatoes<br>½ c Collard Greens<br>½ c Grapes<br>1 c Milk | 11<br>1 ¼ c White Chili<br>• *¾ c Chicken and beans*<br>2 oz WW Pita<br>½ c Maple Cream Corn<br>1 c Dinner Salad w Italian<br>½ c Honeydew **ADSC Fruit Cup**<br>1 c Milk | 12<br>3 oz Honey Glazed Chicken<br>1 c Asian Brown Rice<br>½ c Stir Fried Snap Peas & Carrots<br>½ c Mandarin Oranges<br>¾ c Apple Crisp<br>1 c Milk | 13<br>5 x 3" Vegetable Lasagna D-27<br>• *3 oz Cheese, 1 c Pasta*<br>½ c Fresh Steam Broccoli<br>½ c Stewed Lentils<br>½ c Fresh Fruit Salad<br>**ADSC Diced Peaches**<br>1 c Milk |
| 16<br>1 Goblaki<br>*2 oz beef + 1 oz cheese*<br>½ c WG Rice<br>1 oz WG Roll / Margarine<br>1 c Romaine Salad w Italian<br>½ c Lima Beans<br>½ c Pears<br>1 c Milk | 17<br>Japan<br>3 oz Teriyaki Chicken Tenders)<br>1 c Mandarin Brown Rice Salad<br>*½ c Rice, ½ c Mandarin Oranges*<br>1 oz WG Roll / Margarine<br>½ c Asian Succotash<br>½ c Pineapple<br>1 c Milk<br>VDA Alex: (Teriyaki Sauce on the side) | 18<br>1 ¼ c Shepherd's Pie<br>*3 oz beef, ½ c m potatoes*<br>½ c Green Beans<br>2 oz WG Roll / Margarine<br>½ c Fruit Cocktail<br>1 c Milk | 19<br>Morocco<br>4 oz Moroccan Chicken<br>1 c Curried Couscous<br>½ c Broccoli Florets<br>½ c Carrots<br>½ c Spring Fruit Compote<br>1 c Milk | 20<br>3 oz Korean Sliced Beef<br>1 c Rice<br>½ c Braised Kale<br>½ c Squash Medley<br>½ c Tropical Fruit Salad<br>1 c Milk |
| 23<br>Oven Fried Chicken Breast 4 oz<br>1 ½ c Pineapple Brown Rice<br>*½ c Pineapple, 1 c Brown Rice*<br>½ c Glazed Carrots<br>½ c Banana<br>1 c Milk | 24<br>6 Swedish Meatballs<br>1 c Noodles<br>½ c Beets<br>½ c Cheesy Spinach<br>½ c Fruit Cocktail<br>1 c Milk | 25<br>4 oz Battered Rockfish w lemon & tartar sauce<br>½ c Rice Pilaf<br>1 oz WG Roll / Margarine<br>½ c Zucchini<br>1 c Leafy Green Salad w Ranch<br>½ c Pear<br>1 c Milk | 26<br>¾ c Beef Sloppy Joe<br>2 oz WW Bun<br>½ c Mississippi Collard Greens<br>½ c Yellow Squash<br>½ c Apple Slices **ADSC Applesauce**<br>1 c Milk | 27<br>1 ½ c Vegetarian Chili<br>• *¾ c beans; ½ c tomatoes, onions and corn*<br>2 oz Cornbread / Margarine<br>½ c Braised Kale<br>½ c Fresh Fruit Salad<br>**ADSC Tropical Fruit**<br>1 c Milk |
| 30<br>**MEMORIAL DAY** | 31<br>4 oz Fish Fillet w lemon & tartar Sauce<br>1 c Bolivian Rice<br>½ c Petite Broccoli<br>1 c Dinner Salad w Ranch<br>¾ c Peach Crisp<br>1 c Milk | | | |