JEFFERY'S CATERING

VDA Alexandria HOT & COLD MENU
JUNE 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT			**1** 3 oz Barbecue Beef 2 oz Roll ½ c Honey Roasted Potatoes ½ c Baked Beans ½ c Cantaloupe ADSC Fruit Cup 1 c Milk	**2** Mediterranean 3 Chicken Strips 3 oz 1 WW Pita 3 oz ½ c Mediterranean Rice Pilaf Persian Yogurt Sauce 1 oz 1 c Romaine Lettuce w Lite Italian 1 oz ½ c Lentils ¾ c Fruit Cobbler 1 c Milk	**3** 2 Cheese Enchilada *2 oz grain, 1 ½ ozc Cheese* 1 c Black Bean and Mango Salad *½ c Beans, ½ c Mango* ½ c Creamed Corn 1 c Dinner Salad w Ranch 1 c Milk
COLD			3 oz Chicken Salad 2 oz WG Roll 1 c Spinach Salad w Dressing ½ c German Potato Salad 1 Banana 1 c Milk	2 oz Roast Beef 1 oz Cheese 2 Sl WW Bread (2 oz) ½ c 4 Bean Salad ½ c Italian Tomato Salad ½ c Fresh Fruit Salad 1 c Milk	3 oz Smoked Turkey 2 Sl WG Bread (2 oz) ½ c Lettuce ¼ c Tomato ½ c Pineapple Carrot Salad ½ c Applesauce 1 c Milk
HOT	**6** Italian 1 c Chicken Cacciatore *4 oz Chicken ½ c Sauce (Marinara Sauce, Green Peppers, Onions, Black Olives)* 1 c Pasta ½ c Zucchini and Fresh Basil ½ c Cinnamon Applesauce 1 c Milk	**7** 4 oz Battered Tilapia w lemon and tartar sauce ½ c Rice Pilaf 1 oz WG Roll / Margarine 1 c Romaine Salad w Ranch ½ c Red Beans ½ c Pineapple 1 c Milk	**8** 2 CN Chicken Patty (4oz) 2 oz WG Bun ½ oz Ketchup ½ c 4 Bean Salad ½ c Brussels Sprouts 1 Banana 1 c Milk	**9** 1 ½ c Beef Stew • *4 oz beef, ½ c carrots, potatoes, peas* ½ c Noodles 1 oz Biscuit / Margarine ½ c Creamed Spinach 1 Banana 1 c Milk	**10** 2 Oven Fried Chicken Leg 4 oz 2 oz Cornbread / Margarine ½ c Spring Peas ½ c Candied Sweet Potatoes ½ c Honeydew ADSC Fruit Cup 1 c Milk
COLD	3 oz Roast Beef 2 oz WW Roll ½ c Cucumber Salad ½ c Pears ½ c Cabbage Salad 1 c Milk	3 oz Marinated Chicken 2 Sl WG Bread ½ c Lettuce ¼ c Tomato ½ c Honeydew ½ c Broccoli Salad 1 c Milk	1 ½ c Asian Beef Pasta Salad *3 oz Beef, 1 c Angel Hair pasta* ½ c Oriental Vegetables ½ c Cole Slaw ½ c Mandarin Oranges 1 c Milk	2 oz Roast Chicken 1 oz Cheese, 2 oz Soft WW Bun ½ c Lettuce ¼ c Tomato ½ c Picnic Salad ½ c Pineapple 1 c Milk	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
HOT	**13** 6 Meatballs *¼ c Cheese ½ c Marinara Sauce (Diced Tomatoes, Olive, Spices)* 1 WW Hoagie Roll 2.25 oz ½ c Spinach ½ c Pears 1 c Milk	**14** 3 oz Slice Turkey& Gravy ½ c Stuffing 1 oz Roll / Margarine ½ c Mashed Potatoes ½ c Collard Greens ½ c Grapes 1 c Milk	**15** 1 ¼ c White Chili • *¾ c Chicken and beans* 2 oz WW Pita ½ c Maple Cream Corn 1 c Dinner Salad w Italian ½ c Honeydew ADSC Fruit Cup 1 c Milk	**16** 3 oz Honey Glazed Chicken 1 c Asian Brown Rice ½ c Stir Fried Snap Peas & Carrots ½ c Mandarin Oranges ¾ c Apple Crisp 1 c Milk	**17** 5 x 3" Vegetable Lasagna D-27 • *3 oz Cheese, 1 c Pasta* ½ c Fresh Steam Broccoli ½ c Stewed Lentils ½ c Fresh Fruit Salad 1 c Milk
COLD	½ c South West Chicken Salad 2 oz Muffin ½ c Black Beans ½ c Grapes 1 c Romaine 1 c Milk	4 Piece Ribbon Sandwich (2 Sl Bread) Shredded American Cheese, Mayo, Yellow Mustard Diced Red Pepper, Worcestershire Sauce 4 oz Yogurt ½ c Honeydew ½ c Pineapple ½ c Peaches 1 c Milk	½ c Tuna Salad 2 oz WW Bun 1 c Tossed Salad w Italian ½ c Mandarin Orange ½ c Gravel Salad 1 c Milk	3 oz Roast Beef 2 oz WG Bun ¾ c Broccoli Salad ¾ c Pears 1 c Milk	3 oz Turkey 2 oz WG Bun ½ c Lettuce, ¼ c Tomato ½ c Pineapple Carrot Salad ½ c Peaches 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, RDN, CDM, CFPP 4/30/16

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HOT	**20** 1 Goblaki *2 oz beef + 1 oz cheese* ½ c WG Rice 1 oz WG Roll / Margarine 1 c Romaine Salad w Italian ½ c Lima Beans ½ c Pears 1 c Milk	Japan **21** 3 oz Teriyaki Chicken Tenders 1 c Mandarin Brown Rice Salad *½ c Rice, ½ c Mandarin Oranges* 1 oz WG Roll / Margarine ½ c Asian Succotash ½ c Pineapple 1 c Milk	**22** 1 ¼ c Shepherd's Pie *3 oz beef, ½ c m potatoes* ½ c Green Beans 2 oz WG Roll / Margarine ½ c Fruit Cocktail 1 c Milk	Morocco **23** 4 oz Moroccan Chicken 1 c Curried Couscous ½ c Broccoli Florets ½ c Carrots ½ c Spring Fruit Compote 1 c Milk	**24** 3 oz Korean Sliced Beef 1 c Rice ½ c Braised Kale ½ c Squash Medley ½ c Tropical Fruit Salad 1 c Milk
COLD	4 oz Egg Salad 2 oz WG Roll ½ c Cowboy Caviar ½ c Cucumber Salad 1 Banana 1 c Milk	*Taco Salad* 2 oz Taco Meat 1 oz Monterey Jack 1 oz Baked Tortilla chips 1 oz Soft Tortilla 1 c Romaine, ¼ c Tomato ½ c Black Beans ½ c Grapes 1 c Milk	3 oz Sliced Turkey 2 oz WG Bun ½ c Lettuce ¼ c Tomato ½ c Cantaloupe ½ c Pear 1 c Milk	8 oz Yogurt 1 oz String Cheese 2 oz Muffin 1 c Field Greens w Dressing ½ c Mexican Bean Salad ½ c Holiday apple Salad 1 c Milk	½ c Chicken Salad 2 oz English Muffin ½ c Lettuce ¼ c Tomato ½ c Meditarrean Chick- pea Salad, 1 Orange 1 c Milk
HOT	**27** Oven Fried Chicken Breast 4 oz 1 ½ c Pineapple Brown Rice *½ c Pineapple, 1 c Brown Rice* ½ c Glazed Carrots ½ c Banana 1 c Milk	**28** 6 Swedish Meatballs 1 c Noodles ½ c Beets ½ c Cheesy Spinach ½ c Fruit Cocktail 1 c Milk	**29** 4 oz Battered Rockfish w lemon & tartar sauce ½ c Rice Pilaf 1 oz WG Roll / Margarine ½ c Zucchini 1 c Leafy Green Salad w Ranch ½ c Pear 1 c Milk	**30** ¾ c Beef Sloppy Joe 2 oz WW Bun ½ c Mississippi Collard Greens ½ c Yellow Squash ½ c Apple Slices **ADSC Applesauce** 1 c Milk	
COLD	3 oz Beef Fajita 3 oz WW Pita ½ c Pico de Gallo ½ c Mexican Salad ½ c Fruit Cocktail 1 c Milk	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	3 oz Pastrami 2 oz WW Roll ½ c Lettuce ¼ c Tomato ½ c Peaches ½ c Broccoli Salad 1 c Milk	3 oz Egg Salad 2 Sl WW Bread 2oz ½ c Lettuce ¼ c Tomato ½ c Gravel Salad 1 Banana 1 c Milk	