


**Alexandria Adult Day Center  
Lunch Menu  
January 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Center Closed</b></p> 	<p><b>2</b></p> <p>1 ¼ c Beef Tamale Pie with Combread Topping (3 oz MA, 1 oz grain, ¼ c veg (onion,tomato)) 1 oz WG Roll 1 c Spanish Style Greens (Grelós) ½ c Pears 1 c Milk</p>	<p><b>3</b></p> <p>1 ¼ c Vegetarian Lasagna <i>3ozm/ma, ½ c noodles (1 oz grain)</i></p> <p>1 oz Garlic Bread ½ c Italian Blend ½ c Mushrooms ¾ c Apple Crisp 1 c Milk</p>	<p><b>4</b></p> <p>2 Oven "Fried" Chicken Legs 3 oz 2 oz WG Corn Muffin w Butter ½ c Steamed Collards ½ c Creole Style Black Eyed Peas ¾ c Cherry Cobbler 1 c Milk</p>	<p><b>5</b></p> <p>1 ¼ c Macaroni &amp; Cheese <i>1 ½ oz Cheese, 1 c noodles 7.1 oz</i></p> <p>½ c Vegetarian Baked Beans 2 oz m/ma ½ c Zucchini ½ c Stewed Tomatoes ½ c Grapes 1 c Milk</p>
<p><b>8</b></p> <p>3.5oz Honey Lime Chicken 1 c Hoppin John (1/2 c veg, 2 oz grain) 1 WG Roll w Butter. ½ c Brussel sprouts ½ c Pears 1 c Milk</p>	<p><b>9</b></p> <p>3 oz Grilled Flounder (3 oz m/ma) 1 c WG Wild Rice ½ c Broccoli ½ c Honey Roasted Carrots ½ c Fruit Cup 1 c Milk</p>	<p><b>10</b></p> <p>1 ¼ c Chicken Pot Pie <i>3 oz m/ma, ½ c Carrots &amp; Peas</i></p> <p>2 oz WG Biscuit w Butter ½ c Steamed Kale ½ c Fruit Cocktail 1 c Milk</p>	<p><b>11</b></p> <p>1 c Chili con Carne <i>4 oz meat &amp; Meat Alternate, ½ c vegetable</i></p> <p>2 oz WG Corn Muffin w Butter ½ c Italian Blend ½ c Hot Fruit Compote 1 c Milk</p>	<p><b>12</b></p> <p>3 oz Roast Turkey w/ gravy 2 oz WG Roll w Butter ½ c Mashed Potatoes ½ c Green Beans ½ c Baked Apple Slices (4-6) 1 c Milk</p>
<p><b>Center Closed</b></p> <p><b>Martin Luther King Jr Holiday</b> <b>Quote: What are you doing today to serve others</b></p>	<p><b>15</b></p> <p>2 Cheese Manicotti (5.5oz) w ½ c Tomato Basil Sauce <i>3 oz m/ma 2 oz WG grain per food label</i></p> <p>½ c Garlic Mushrooms ½ c Peas ½ c Peaches 1 c Milk</p>	<p><b>16</b></p> <p>3 oz Meatloaf w/ gravy</p> <p>2 oz WG Roll w Butter ½ c Garlic Mashed Potatoes ½ c Collard Greens ½ c Fruit Cup 1 c Milk</p>	<p><b>17</b></p> <p>3 oz Jerk Chicken ½ c Caribbean Yellow Rice ½ c Sweet Potatoes ½ c Caribbean Curry Beans ½ c Grapes 1 c Milk</p>	<p><b>18</b></p> <p>1 c Beef Stroganoff 2.88 m/ma 1 oz string cheese 1 c WG Egg Noodles 2 oz ½ c Yellow Squash ½ c Brussels Sprouts 1 Banana 1 c Milk</p>
<p><b>22</b></p> <p>4 oz Riblet with BBQ Sauce 2 oz WG Combread w Butter ½ c Roasted Red Potatoes ½ c Italian Blend zucchini, carrots, cauliflower, lima beans, green beans ¾ c Apple Crisp 1 c Milk</p>	<p><b>23</b></p> <p>1 ½ c Chicken &amp; Dumplings <i>3 oz Chicken ½ c Veg</i></p> <p>1 oz Dumplings 1 oz WG Roll w Butter ½ c Steamed Kale ½ c Pineapple 1 c Milk</p>	<p><b>24</b></p> <p>Korean Beef over Quinoa ½ c Quinoa, 1/3 c beef 1 oz grain 3 oz m/ma</p> <p>1 oz WG Roll w Butter ½ c Green Beans ½ c Butternut Squash ½ c Grape 1 c Milk</p>	<p><b>25</b></p> <p>3 oz Breaded Fish Filet 2.5 oz m/ma 1 oz grain</p> <p>2 oz WG Bun ½ c Beets ½ c Baked Sweet Potatoes with apples ½ c: Fruit Cup 1 c Milk</p>	<p><b>26</b></p> <p>2 Oven Baked Chicken Legs 2 oz Corn Bread ½ c Fiesta Corn ½ c Mix Vegetable ½ c Pear 1 c Milk</p>
<p><b>29</b></p> <p>1 ¾ c Vegetable Soup (2oz M/MA, ½ c veg, 1 oz grain) 1 oz String Cheese 1 oz WG Roll ½ c 3 Bean Salad ½ c Green Peas ½ c Fruit Cup 1 c Milk</p>	<p><b>30</b></p> <p>1 ¼ c Beef Tamale Pie with Combread Topping (3 oz MA, 1 oz grain, ¼ c veg (onion,tomato)) 1 oz WG Roll 1 c Spanish Style Greens (Grelós) ½ c Pears 1 c Milk</p>	<p><b>31</b></p> <p>1 ¼ c Vegetarian Lasagna <i>3ozm/ma, ½ c noodles (1 oz grain)</i></p> <p>1 oz Garlic Bread ½ c Italian Blend ½ c Mushrooms ¾ c Apple Crisp 1 c Milk</p>		