

DC Office on Aging: Congregate Meal Service - August 2013

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Beef Ribs w/ Gravy 3.5-oz Baked Potato w/ Sour Cream 4-oz Carrots 4-oz Chicken Noodle Soup 6-oz Crackers 3-pkts Margarine Mandarin Oranges 4-oz Vegetarian: BeefLess Burger w/ Gravy	Baked Fish with Herb Sauce Parslied Egg Noodles 4-oz Asparagus Tips 4-oz Caesar Salad w/ Dressing 1-cup Corn Muffin 1.5-oz Margarine Orange juice 6-oz Vegetarian: Tofu Scramble
5	6	7	8	9
Beef Meatballs in Tomato Sauce Spaghetti 4-oz Cauliflower Broccoli Blend 4-oz Tossed Salad w/ Dressing 1-cup Raisin Bread Slice 1-oz Margarine Apple Juice 6-oz Vegetarian: Pasta w/ Veggie Crumbles	BBQ Beef on Bun Baked Beans 4-oz Broccoli 4-oz Cole Slaw 4-oz Wheat Bun 2-oz Mayo/Mustard Packets Peach Cup 4-oz Vegetarian: BBQ BeefLess Patty	Tuna Salad 3-oz Green Bean Vinagrette 4-oz Pickled Sliced Beets 4-oz Spinach Salad w/ Dressing 1-cup Pita Bread 1-oz Mayo/Mustard Packets Grape Juice 6-oz Vegetarian: Egg Salad	Oven Fried Chicken (2 ea) Potato Salad 4-oz Corn 4-oz Garden Vegetable Soup 6-oz Crackers 3-pkts Margarine Cinnamon Applesauce 4-oz Vegetarain: ChixLess Patty	Turkey and Cheese Sandwich Macaroni Salad 4-oz Carrot Raisin Salad 4-oz Caesar Salad w/ Dressing 1-cup Marble Rye Bread 2-slices Mayonnaise/Mustard Packet Orange juice 6-oz Vegetarian: Hummus and Veggie Sandwich
12	13	14	15	16
Meatloaf w/ Gravy 3-oz Baked Potato w/ Sour Cream 4-oz Carrots 4-oz Tossed Salad w/ Dressing 1-cup Corn Muffin 1.5-oz Margarine Apple Juice 6-oz Vegetarian: Veggie Patty	Crab Cake 3-oz Rice Pilaf 4-oz Spinach 4-oz Corn Salad 4-oz Rye Bread Slice 1-each Margarine Tropical Fruit Cup 4-oz Vegetarian: Tofu Scramble	Sloppy Joe 3-oz Potato Wedges 4-oz Squash Medley 4-oz Spinach Salad w/ Dressing 1-cup Wheat Bun 2-oz Mustard, Ketchup Packet Grape Juice 6-oz Vegetarian: Sloppy Joe w/ Veggie Crumbles	Chicken Salad on Wheat Bread 3-oz Pasta Salad 4-oz Green Bean Salad 4-oz Split Pea Soup 6-oz Crackers 3-pkts Mayonnaise/Mustard Packet Applesauce 4-oz Vegetarian: ChixLess Salad	Salisbury Steak w/ Gravy 3-oz Mashed Potatoes 4-oz Collard Greens 4-oz Caesar Salad w/ Dressing 1-cup Multigrain Bread Slice 1-each Margarine Orange juice 6-oz Vegetarian: BeefLess Patty w/ Veggie Gravy
19	20	21	22	23
Beef Hot Dog 3-oz Cole Slaw 4-oz Baked Beans 4-oz Tossed Salad w/ Dressing 1-cup Wheat Hot Dog Bun 2-oz Mustard/Ketchup/Relish 1 packet Apple Juice 6-oz Vegetarian: Garden Burger	Teriyaki Chicken 4-oz Fried Rice 4-oz Oriental Blend Vegetables 4-oz Cucumber Salad 4-oz Raisin Bread Slice 1-each Margarine Mandarin Oranges 4-oz Vegetarian: Teriyaki ChixLess Nuggets	Sweet and Sour Meatballs 3-oz Egg Noodles 4-oz Green Beans 4-oz Spinach Salad w/ Dressing 1-cup Corn Muffin 1.5-oz Margarine Grape Juice 6-oz Vegetarian: Sweet and Sour Tofu	Stuffed Chicken w/ Gravy 3-oz Roasted Potatoes 4-oz Capri Blend Vegetables 4-oz Tomato Basil Soup 6-oz Crackers 3-pkts Margarine Fruit Cup 4-oz Vegetarian: ChixLess Patty w/ Veggie Gravy	Turkey Burger 3-oz Steak Fries 4-oz Squash Medley 4-oz Caesar Salad w/ Dressing 1-cup Whole Wheat Bun 2-oz Ketchup/Mustard Packets Orange juice 6-oz Vegetarian: BeefLess Patty
26	27	28	29	30
Egg Salad on Croissant 4-oz Macaroni Salad 4-oz Carrot Raisin Salad 4-oz Tossed Salad w/ Dressing 1-cup Croissant 1.25-oz Mayo/Mustard Packets Apple Juice 6-oz Vegetarian: ChixLess Teriyaki	Beef and Broccoli 4-oz White Rice 4-oz Oriental Vegetables 4-oz Pickled Sliced Beets 4-oz Pumpnickel Slice 1-oz Margarine Cinnamon Applesauce 4-oz Vegetarian: Cheese Ravioli w/ Marinara	Turkey Chop 3-oz Mashed Potatoes w/ Gravy 4-oz Mixed Vegetables 4-oz Spinach Salad w/ Dressing 1-cup Corn Muffin 1.5-oz Margarine Grape Juice 6-oz Vegetarian: ChixLess Patty w/ Gravy	Baked Chicken 3-oz Sweet Potatoes 4-oz Spinach 4-oz Beef and Barley Soup 6-oz Crackers 3-pkts Margarine Peach Cup 4-oz Vegetarian: Egg Salad	Baked Fish 3-oz Wild Rice Pilaf 4-oz Green Beans 4-oz Caesar Salad w/ Dressing 1-cup Multigrain Bread Slice 1-oz Margarine Orange juice 6-oz Vegetarian: Veggie Patty w/ Gravy

1% Milk served with all meals.