# *DC Office of Aging; Congregate Meal Services - August 2012*

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | 1)<br>* Turkey Sandwich<br>* Minestrone Soup<br>* Caesar Salad<br>* Banana<br>* 8oz. Milk<br>* 6oz. Juice<br><br>***Vegetarian Option***<br>* Lentil Salad | 2)<br>*Beef and Vegetable Stir Fry<br>* Rice pilaf<br>* Green Salad<br>* Roll w/ Margarine<br>* Fruit Cocktail<br>* 8oz. Milk<br>* 6oz. Juice<br><br>***Vegetarian Option***<br>* Vegetable Stir Fry | 3)<br>* Oven Fried Fish Filet<br>* Macaroni and Cheese<br>* Collard Greens<br>* Green Salad<br>* Roll w/ Margarine<br>* Apple<br>* 8oz. Milk<br>* 6oz. Juice<br>***Vegetarian Option***<br>* Cheese Manicotti |
| 6)* Macaroni w/ Beef in Tomato Sauce<br>* Caesar Salad<br>*Capri Vegetables<br>* Roll w/ Margarine<br>* Orange<br>* 8oz. Milk<br>* 6oz. Juice<br><br>***Vegetarian Option***<br>* Eggplant Parmesan | 7)*Oven Fried Chicken<br>* Mashed Potatoes<br>* Spinach<br>* Green Salad<br>* Roll w/ Butter<br>* Applesauce<br>* 6oz. Juice<br>* 8oz. Milk<br>***Vegetarian Option***<br>* Creamy Cheesy Broccoli | 29)* Ham Sandwich<br>* Tomato Soup<br>* Three Bean Salad<br>* Banana<br>* 8oz. Milk<br>* 6oz. Juice<br><br>***Vegetarian Option***<br>*Garbanzo Bean Salad | 9)* Cold Herb Crusted Chicken Breast<br>* Black Bean & Corn<br>* Pasta Salad<br>* Roll w/ Margarine<br>* Fruit Cocktail<br>* 8oz. Milk<br>* 6oz. Juice<br>***Vegetarian Option***<br>* Tofu w/ Black Bean Sauce | 10)* Beef Stew W/ Vegetables<br>* Boiled Baby Potatoes w/ Parsley<br>* Mixed Vegetables<br>* Roll w/ Margarine<br>* Apple<br>* 8oz. Milk<br>* 6oz. Juice<br>***Vegetarian Option***<br>* Stuffed Tomato |
| 13)* Baked Ziti w/ Chicken<br>* Green Salad<br>* Green Peas<br>* Roll w/ Margarine<br>* Orange<br>* 8oz. Milk<br>* 6oz. Juice<br><br>***Vegetarian Option***<br>* Baked Ziti w/ Vegetables | 14) * Barbeque Pork Loin<br>* Whipped Sweet Potatoes<br>* Spinach<br>* Caesar Salad<br>* Roll w/ Margarine<br>* Applesauce<br>* 8oz. Milk<br>* 6oz. Juice<br><br>***Vegetarian Option***<br>* Veggie Quesadilla | 15)* Chicken Salad Sandwich<br>* White Bean Soup<br>* Green Salad<br>* 8oz. Milk<br>* 6oz. Juice<br>****Birthday Cake****<br><br>***Vegetarian Option***<br>* Grilled Portabello Sandwich | 16)* Sirloin Tips in Gravy<br>* Okra W/ Tomato<br>* Bow-Tie Pasta<br>* Roll w/ Margarine<br>* Fruit Cocktail<br>* 8oz. Milk<br>* 6oz. Juice<br><br>***Vegetarian Option***<br>* Pesto Fettuccine Alfredo | 17)* Tuna Casserole<br>* Caesar Salad<br>* Steamed Broccoli<br>* Roll w/ Margarine<br>* Apple<br>* 8oz. Milk<br>* 6oz. Juice<br><br>***Vegetarian Option***<br>* Ratatouille |
| 20)* Meat loaf w/Gravy<br>* Mashed Potatoes<br>* Three Bean Salad<br>* Green Salad<br>* Roll w/ Margarine<br>* Orange<br>* 8oz. Milk<br>*6oz. Juice<br><br>***Vegetarian Option***<br>* Tomato with Mozzarella | 21)* Chicken Ala King<br>* Rice Pilaf<br>* Green Salad<br>* Green Beans<br>* Roll w/ Margarine<br>* Applesauce<br>* 8oz. Milk<br>* 6oz. Juice<br>***Vegetarian Option***<br>* Tofu w/ Black Bean Sauce | 22)* Tuna Salad Sandwich on W.W.<br>* Vegetable Soup<br>* Caesar Salad<br>* Banana<br>* 6oz. Juice<br>* 8oz. Milk<br><br>***Vegetarian Option***<br>* Eggplant and Mozzarella Wrap | 23)* Curry Chicken<br>* Carrots<br>* Rice<br>* Green Salad<br>* Roll w/ Margarine<br>* Fruit Cocktail<br>* 6oz. Juice<br>* 8oz. Milk<br><br>***Vegetarian Option***<br>* Pasta Salad with Vegetables & Cheese | 24)* Roasted Turkey<br>* Stuffing w/ Gravy<br>* Spinach<br>* Three Bean Salad<br>* Roll w/ Margarine<br>* Apple<br>* 6oz. Juice<br>* 8oz. Milk<br><br>***Vegetarian Option***<br>* Hummus w/ Veggies and Pita |
| 27)* Spaghetti w/ Meatballs<br>* Caesar Salad<br>* Peas<br>* Roll w/ Margarine<br>* Applesauce<br>* 8oz. Milk<br>* 6oz. Juice<br><br>***Vegetarian Option***<br>* Spaghetti w/ Marinara | 28)<br>* Salisbury Steak<br>* Mashed Potatoes<br>* Green Salad<br>* Beets<br>* Orange<br>* Roll W/ Margarine<br>* 6oz. Juice<br>* 8oz. Milk<br><br>***Vegetarian Option***<br>* Stuffed Tomato | 29)<br>* Pulled Beef BBQ w/ Roll<br>* Green Beans<br>* Cole Slaw<br>* Banana<br>* 8oz. Milk<br>* 6oz. Juice<br><br>***Vegetarian Option***<br>*White Bean & Asparagus Salad | 30)<br>* Sweet& Sour Chicken<br>* Carrots<br>* Green Salad<br>* Roll w/ Butter<br>* Fruit Cocktail<br>* 8oz. Milk<br>* 6oz. Juice<br><br>***Vegetarian Option***<br>* Lentils and Rice | 31) * Oven Broiled Fish<br>* Brown Rice<br>* Collard Greens<br>* Green Salad<br>* Roll w/ Margarine<br>* Apple<br>* 8oz. Milk<br>* 6oz. Juice<br><br>***Vegetarian Option***<br>* Tofu w/ Black Bean Sauce |

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*Menu Subject to Change Due to Availability and Seasonality of Products