

DC Office of Aging - Congregate Meal Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>DUTCH MILL CATERING</p>	<p>10/01</p> <ul style="list-style-type: none"> *Meat Lasagna (1 cup) *Spinach (.5 cup) *Green Salad (.75 cup) *2 oz. W.W. Dinner Roll *6 oz. Apple *8 oz. 1% Milk **Vegetarian Option** *Veggie Lasagna (1 cup) 	<p>10/02</p> <ul style="list-style-type: none"> *Glazed Pork Loin (3 oz) *Baked Swt. Potato (.5 cup) *Caesar Salad (1 cup) *Broccoli (.5 cup) *2 oz. W.W. Dinner Roll *Orange Juice *Yogurt **Vegetarian Option** *Veggie Quesadilla 	<p>10/03</p> <ul style="list-style-type: none"> *Oven Fried Chicken (3 oz.) *Macaroni & Cheese *Green Beans *Green Salad *Whole Grain Roll *Fruit Cocktail (4oz.) *8 oz. 1% Milk **Vegetarian Option** *Hummus & Veggies(.5 cup) 	<p>10/04</p> <ul style="list-style-type: none"> *Tuna Salad (.5 cup) W/ W.W. Bread (2 sl.) *Minestrone Soup (1 svg.) *Black Bean & Corn Salad *Orange Juice *8 oz. 1% Milk **Vegetarian Option** *Veggie & Cheese Wrap (1)
<p>10/07</p> <ul style="list-style-type: none"> *Beef Chili w/ Beans(1c.) *Rice (.5cup) *Green Salad (.75 cup) *Peas And Carrots (.5 cup) *W.W. Roll (1) *Orange Juice 6 oz. (1) *8 oz. 1% Milk **Vegetarian option** *White Beans & Veggie (1) 	<p>10/08</p> <ul style="list-style-type: none"> *Seafood Pasta Salad (1.5 cup) *Vegetable Soup (6 oz.) *Green Salad (.75 cup) *Banana (1) *2 oz. Dinner Roll *8oz. 1% Milk **Vegetarian Option** *Veg. Stufd Tomato (100 g) 	<p>10/09</p> <ul style="list-style-type: none"> *Chicken Marsala (3 oz) *Mashed Potato (1/2 cup) *Steamd Squash (.5 c.) *Green Salad (.75 cup) *Whole Grain Roll (1) *Orange Juice (6 oz.) *Yogurt **Vegetarian Option** *Tofu & Bl. Bean Sauce(3oz) 	<p>10/10</p> <ul style="list-style-type: none"> *Pulled Pork BBQ(.5 c.) *W.W. Bun (3"-1) *Capri Vegetables(.5cup) *Cole Slaw (.25 cup) *Fruit Cocktail (4 oz) *8 oz. 1% Milk **Vegetarian Option** *Cheese Ravioli (1 cup) 	<p>10/11</p> <ul style="list-style-type: none"> *Roasted Chicken(3oz) *Gravy *Herb Stuffing.5 cup) *Broccoli(.5 cup) *Green Salad (.75 cup) *Slice W.W. Bread (1) *6 oz. Orange Juice *8 oz. 1% Milk **Vegetarian Option** *Fettuccine Alfredo (1)
<p>10/14</p> <ul style="list-style-type: none"> *Chicken Salad (.5 oz) *W.W. Bread (2 sl) *Caesar Salad (.75 cup) *Tomato Soup (1 cup) *6 oz. Orange Juice *8 oz. 1% Milk **Vegetarian Option** *Eggplant & Ch. Sand.(.5 cup) 	<p>10/15</p> <ul style="list-style-type: none"> *Hamburger (1) *Crispy Potatoes * Cooked Carrots(.5 cup) *Lettuce & Tomato *Diced Pears (4 oz.) *Sandwich Bun (3"-1) *8 oz. 1% Milk **Vegetarian Option** *Cheese Manicotti (.75 c.) 	<p>10/16</p> <ul style="list-style-type: none"> *Broiled Fish Filet (1) *Baby Whole Potato (4 oz.) *Kale (.5 cup) *Carrot/Raisin Salad (4 oz.) *Orange (1 item) *8 oz. 1% Milk **Vegetarian Option** *Eggplant Parmesan (1 cup) *Birthday Cake* 	<p>10/17</p> <ul style="list-style-type: none"> *Beef & Veg. Stir Fry (1 svg.) *Brown Rice (.5 cup) *Green Salad (.75 cup) *W.W. Roll (1) *6 oz. Orange Juice *Yogurt **Vegetarian Option** Veggie Stir Fry (1 cup) 	<p>10/18</p> <ul style="list-style-type: none"> *Lemon Basil Chicken (3 oz.) *Baked Sweet Potato *Mixed Veggies (1 cup) *Beets (1/2 cup) *Diced Peaches (4 oz.) *Whole Grain Roll (1) *8 oz. 1% Milk **Vegetarian Option** *Seasoned Lentil Salad (3 oz.)
<p>10/21</p> <ul style="list-style-type: none"> *Baked Ziti W/ Beef (1 svg.) *Green Peas (.5 oz) *Caesar Salad (1 cup) *2 oz. W.W. Roll *6 oz. Fruit Juice *8 oz. 1% Milk **Vegetarian option** *Baked Ziti W/ Veggies (1 cup) 	<p>10/22</p> <ul style="list-style-type: none"> *Mediterranean Chicken (1) *Green Salad (1 cup) *Brown Rice (1 svg) *Carrots (.5 c) *6 oz. fruit juice * 8 oz. 1% Milk **Vegetarian Option** *Ratatouille (1 svg) 	<p>10/23</p> <ul style="list-style-type: none"> *Oven Fried Fish (1) *Potato Wedges (.5 cup) *Collard Greens(.5 cup) *Green Salad (.75 cup) *6 oz. Apple Juice *Yogurt *2 oz. Dinner Roll **Vegetarian Option** **Tofu & Bl. Bean Sauce (3oz.) 	<p>10/24</p> <ul style="list-style-type: none"> *Curry Chicken (1 svg.) *Black Eyed Peas (.5 cup) *Cauliflower (.5 cup) *Green Salad (.75 cup) *Banana (1) *2 oz. W.W. Roll * 8 oz. 1% Milk **Vegetarian option** *Curry Tofu (4 oz.) 	<p>10/25</p> <ul style="list-style-type: none"> *Beef Stroganoff (1 cup) *Noodles W/ Parsley(.5 c) *Caesar Salad (1 cup) *Slice W.W. Bread (1 sl) *Juice 1) *8 oz. 1% Milk **Vegetarian Option** *Pasta Salad & Veg
<p>10/28</p> <ul style="list-style-type: none"> *Chicken Ala King (.75 cup) *Rice Pilaf (.5 c) *Green Salad (.75 cup) *Corn (.5 c) *Slice W.W. Bread (1 sl) *Orange Juice *8 oz. 1% milk **Vegetarian Option** *Tomato W/ Mozzarel. (1) 	<p>10/29</p> <ul style="list-style-type: none"> *Meatloaf W/ Gravy (3 oz.) *Mashed Potato (.5 c) *Collard Greens (.5 c) *Green Salad (.75 cup) *Slice W.W. Bread (1 sl) *Orange (1) *8 oz. 1% milk **Vegetarian option** *Veggie Soufflette (1) 	<p>10/30</p> <ul style="list-style-type: none"> *Pulled Turkey Barbecue (.5 c) *W.W. Bun (3") (1) *Peas & Carrots (.5 c) *Cole Slaw (.5 c) *Orange Juice *Yogurt **Vegetarian Option *HummusW/Vegetables (.25 c) 	<p>10/31</p> <ul style="list-style-type: none"> *Sweet & Sour Chicken (1) *Brown rice (4 oz) *Broccoli (.5 c) *Caesar Salad (1) *Slice W.W. Bread (1) *Tapioca Pudding (4 oz) *8 oz. 1% Milk **Vegetarian option** *Ratatouille (1 svg.) 	<p>11/01</p> <ul style="list-style-type: none"> *Ham Steaks (3 oz.) *Cinnamon Apples (1 svg) *Baked Potato (.75 c) *Steamed Zucchini (.5 c) *Green Salad * Slice W.W. Bread (1 sl) *8 oz. 1% milk **Vegetarian option** *Veggie Quesadillas (1)
<p>11/04</p> <ul style="list-style-type: none"> *Spag. W/Meatball(1 svg) *Mixed vegetables (.5 c) *Green Salad (.75 cup) *Whole Grain roll (1) *Orange Juice *8 oz. 1% milk **Vegetarian option** *Rotini W/ Marinara (8oz) 	<p>11/05</p> <ul style="list-style-type: none"> *Turkey Burger (4 oz) *W.W. Bun (1-3") *Lettuce & Tomato *Steamed Squash (.5 c) *Caesar Salad (1 cup) *Fruit Cocktail (4 oz) *8 oz. 1% Milk **Vegetarian option** *Veggie Burger (1) 	<p>11/06</p> <ul style="list-style-type: none"> *BBQ Chicken (3 oz.) *Macaroni & Cheese (4oz) *Cucumber Salad (.25 cup) *Capri Veggies (.5cup) *2 oz. W.W. Roll *6 oz. Orange Juice *Yogurt **Vegetarian Option** *Garbanzo Bean Salad (1 svg.) 	<p>11/07</p> <ul style="list-style-type: none"> *Baked Pork Chops (3oz) *Baked Sweet Potato (1) *Green Beans (1 cup) *Beets (1/2 cup.) *Whole Grain Roll (1) *Banana *8 oz. 1% Milk *Vegetarian option** *Lentils and Rice (8oz) 	<p>11/08</p> <ul style="list-style-type: none"> *Honey Dijon Chicken (3oz) *Orzo Pasta W/ Gravy *California Veggies (.5cup) *Caesar Salad (1cup) *6 oz. Apple juice *Whole Grain Roll (1) *8 oz. 1% Milk **Vegetarian Option** *Cheese Ravioli (1cup)

For Special Dietary Concerns (IE: Gluten Free, Pureed, etc.) please contact us. Thank you