DC OFFICE ON AGING - CONGREGATE MEAL SERVICES

DUTCH MILL CATERING

APRIL 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
04/01 *Baked Ziti W/ Beef (6 oz.) *Green Beans (4 oz.) *Green Salad (1cup) *2 oz. W.W. Roll (1) *6 oz. Juice *8 oz. 1% milk **Vegetarian option** *Veggie Baked Penne (6 oz)	04/02 *Lemon Caper Chicken (1pc) *Rice Pilaf (4 oz) *Beets (4 oz.) *Caesar Salad (1 cup) *Slice W.W. Bread (1) *Diced Peaches (4 oz) *8 oz. 1% Milk **Vegetarian Option** *Tofu with Black Bean Sauce (4 oz)	04/03 *Tuna Salad Platter (3 oz.) *Hard Boiled Egg *Lettuce *Grape Tomatoes *Whole Wheat Dinner Roll *Vegetable Soup (5 oz.) *Whole Orange (4 oz) *8 oz. 1% Milk **Vegetarian Option** Eggplant & Ch. Sandwich (1)	04/04 DCOA G2-9 *Mediterr. Chicken (4 oz) *Cous Cous W/ Veg. (4 oz) *Lima Beans (4 oz) *Green Salad (1 cup) *Slice W.W. Bread (1) * 6 oz. Juice *8 oz. 1% milk **Vegetarian option** *Cheesy Brocolli 6 oz)	04/05 DCOA G1-28 *Ham Steak (3 oz.) *Baked Beans (4 oz) *Collard Greens (4 oz) *Green Salad (1 cup) *Whole Grain Roll (2 oz-1) *Fruit Cocktail *8 oz. 1% Milk *Vegetarian option** *Lentils and Rice (6 oz)
04/08 *Meatloaf w/ Gravy (1 pc) *Mashed Potatoes (4 oz) *Capri Vegetables (4 oz) *Green Salad (1 cup) *Slice W.W. Bread (1 slice) * 6 oz Juice * 8oz 1% Milk *Vegetarian Option* * Veggie Souflette	04/09 DCOA G1-27 *Jerk Chicken (1 pc) *Brown Rice (4 oz) *Baked Squash *Green Salad (1 cup) *Pears (4 oz) * 8 oz.. 1% Milk *2 oz. W.W. Roll **Vegetarian Option** *Jerk Chic Peas 6 oz*	04/10 DCOA G2-5 *Turkey Sausage, W/ Peppers & Onions (4 oz) *Sub Roll (4 oz) *Cauliflower (4 oz.) *Caesar Salad (1 cup) *6 oz. Juice *8 oz. 1% Milk **Vegetarian option** *Veggie Stir Fry (6oz)	04/11 *Baked Chicken (1 pc.) *Herb Stuffing (4 oz.) *Gravy (2 oz.) * Okra W/ Tomatoes *Cole Slaw (4 oz.) *Slice W.W. Bread (1) *8oz. Milk *Apple Sauce (4 oz) **Vegetarian Option** *Cheese Manicotti	04/12 DCOA G2-4 *Broiled Fish (3 oz) *Sweet Potatoes (4 oz) *Mixed Vegetables (4 oz) *Green Salad (1 cup) *Sliced W.W. Bread (1) * 6 oz. Juice *8 oz. 1% Milk **Vegetarian Option** *Hummus & Veggies (6 oz)
004/15 DCOA G2-26 DCOA G2-1 *Beef with Macaroni (6 oz) *Green Beans (4 oz) *Green Salad (1 cup) *Slice W.W. Bread (1) *Whole Apple *8 oz. 1% milk **Vegetarian option** *Garbanzo Bean Salad (4 oz)	04/16 ****SITES CLOSED**** EMANCIPATION DAY	04/17 DCOA G2-17 *Glazed Pork Loin (3oz) *Baby Whole Potatos (4 oz.) *Fresh Garden Salad (1cup) *Carrots (4 oz.) *2 oz. W.W. Dinner Roll *6 oz. Juice *8 oz. 1% Milk **Vegetarian Option** *Tofu W/ Black Bean S. (4 oz) **BIRTHDAY CAKE***	04/18 *Fried Fish Sandwich (3 oz) *W.W. Bun (3") (1) *Steamed Broccoli (4 oz) *Green Salad (1 cup) *Bannana *8 oz. 1% Milk **Vegetarian Option** *Lentils and Rice*	04/19 DCOA G2-14 *Pot Roast (6 oz) *Potato Wedges (4 oz.) *Collard Greens (2 oz.) *Green Salad (1cup) *2 oz. W.W. Roll (1) *6 oz. Juice *8 oz. 1% milk **Vegetarian option** *Ratatouille (6 oz)
04/22 DCOA G1-1 *Meat Lasagna (8 oz) *Spinach (4 oz) *Green Salad (1 cup) *Dinner Roll (2 oz-1) *Diced Pears *8 oz. 1% Milk *Vegetarian option** *Veggie Lasgna (8 oz)	04/23 *Oven Fried Chicken (1 pc) *Mac & Cheese (4 oz) *Capri Veggies ((4 oz) *Caesar Salad (1 cup) *Whole Grain Roll (2 oz-1) *8 oz. 1% Milk *6 oz. Juice **Vegetarian Option** *Baked Zucchini w/ cheese (6 oz)*	04/24 *Turkey Burger (3 oz.) *W.W. Bun (3") (1) *Lettuce & Tomato *Green Beans *Potato Salad *Whole Orange *8 oz. Milk **Vegetarian Option** *Veggie Burger	04/25 DCOA G2-8 *Cajun Fish Filet (3 oz) *Sliced Carrots(4 oz.) *Black Eyed Peas (4 oz) * Dinner Roll *Green Salad *6 oz. Juice *8 oz. 1% Milk **Vegetarian Option** *Eggplant Parmesan (6 oz)	04/26 DCOA G2-24 *Chicken Salad (4 oz) W/ W. Bread (2sl) *White Bean Soup (8 oz.) *Cole Slaw (4 oz) *Watermelon *8 oz. 1% Milk **Vegearian Option** *Veggie & Cheese Wrap (1)
04/29 DCOA G2-16 *Salisbury Steak (1pc) *Mashed Potato (4 oz) *Mixed Vegetables (4 oz.) *Green Salad (1 cup) *6 oz. juice *Whole Grain Roll (1) *8 oz. 1% Milk **Vegetarian Option** Tofu W/ Black Bean Sauce	04/30 DCOA G2-7 *Curry Chicken (1 pc.) *Yellow Rice (4 oz.) *Beets (4 oz.) *Green Salad (4 oz.) *W.W. Dinner Roll (1) *6 oz. Juice *8 oz. Milk (1) **Vegetarian Option** *Curry Chick Peas			