

**DC Office on Aging - Community Dining Service**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
04/17 <b>EMANCIPATION DAY</b> <b>ALL SITES ARE CLOSED</b>	04/18 *Turkey & Bean Chili (8 oz.) *Baked Potato (3 oz.) *Sliced Carrots (4 oz.) *Corn Bread (1) *Orange Juice (6 oz.) *Vanilla Yogurt (6 oz.) **Vegetarian option** **Veggie & Bean Chili	04/19 *Seafood Pasta Salad (8 oz.) *Bl.Bean & Corn Sal. (4 oz.) *Green Salad (1 Cup) * Whole Grain Roll (1) * Diced Pears (4 oz.) *8 oz. 1% milk (1) ***Vegetarian Option*** **Falafel & Pita Sandwich **BIRTHDAY CAKE**	04/20 *Lemon Caper Chicken (1) *Brown Rice (3 oz.) *Green Peas (4 oz.) *Whole Grain Roll (2 oz) *Green Salad (1 Cup) *Apple Juice (6 oz.) *Fruit yogurt (6 oz) **Vegetarian Option** **Curry Veggie & Tofu Wrap	04/21 *Italian Turkey Sausage W/ Peppers * Spaghetti W/ Marinara *Whole Grain Roll (2 oz.) *Capri Vegetables (4 oz.) *Caesar Salad (1 Cup) *Banana *8oz.1% Milk (1) **Vegetarian Option** **Black Bean Burger
04/24 *Curry Chicken Salad (4 oz.) *Wheat Bread (2 Sl.) *Lettuce & Tomato (1) *Veg. Barley Soup (6 oz.) *Green Salad (1cup) *Diced Mango (4 oz.) *8 oz. 1% Milk (1) **Vegetarian Option** **Curry Chix peas	04/25 *Cajun Fish Filet (3 oz.) •Wheat Bun (3") (1) *Tartar Sauce *Collard Greens (4 oz.) *Black Eyed Peas (4 oz.) *Whole Grain Roll (2 oz.) *Orange Juice (6 oz.) *Vanilla Yogurt (6 oz.) **Vegetarian Option** **Stewed Red Lentils	04/26 *Chicken Marsala (3 oz.) *Wild Rice Pilaf (2oz) *Carrots (4 oz.) *Green Salad (1cup) *Whole Grain Roll (2 oz.) *Fruit Cocktail (4 oz.) *8 oz. 1% milk (1) **Vegetarian Option** **Tofu W/ Bl. Bean Sauce	04/27 *Sloppy Joe (4 oz.) •Wheat Bun (3"-1) *Spinach (4 oz.) *Potato Wedges (4 oz.) *Grape Juice (6 oz.) *Fruit Yogurt (6 oz.) **Vegetarian Option*** **Eggplant Parmesan	04/28 *Spaghetti (8 oz.) w/ Meat sauce *Green Beans (3 oz.) *Green Salad (1cup) *Whole Grain Roll (2 oz.) *Watermelon *8 oz.1% milk (1) **Vegetarian Option** **Cheese Manicotti
05/01 Oven Fried Chicken (1 pc) *Macaroni & Cheese (3 oz.) *Green Salad (1cup) *Black Eyed peas (4 oz.) *Whole Plum *8 oz. 1% Milk *Corn Bread (1) **Vegetarian Option*** **Curried Tofu	05/02 *Baked Salmon (3 oz.) *Mashed Potato (3 oz.) *Broccoli (4 oz.) *Green Salad (1cup) *Whole Grain Roll (2 oz.) *Orange Juice (6 oz.) *Vanilla Yogurt (6 oz.) **Vegetarian option** **Veggie & Lentil Stuffed Pepper	05/03 *Pot Roast (4 oz.) *Gravy (2 oz.) *Egg Noodles (3 oz.) *Mixed Veggies (4 oz.) *Green Salad (1cup) *Whole Grain Roll (2 oz) *Diced Peaches (4 oz.) *8 oz. 1% milk (1) **Vegetarian option** **Veggie Lasagna	05/04 *Herb Roasted Chix Legs (2pc) *Gravy (2 oz.) *Herb Stuffing. (2 oz.) *Baked Butternut Squash (4oz) *Green Salad (1cup) *Wheat Bread (1) *Apple Juice(1.) *Fruit Yogurt (6 oz.) **Vegetarian Option**• **Chix less Nuggets	05/05 *Roasted Pork loin (3 oz.) • Baked Swt. Potato (1) *Caesar Salad (1cup) *Cauliflower (4 oz.) *Whole Grain Roll (2 oz.) *Watermelon *8 oz. 1% Milk (1) **Vegetarian Option** **Veggie Burger
05/08 *Salisbury Steak (1 pc) *Mashed Potato (3 oz.) *Green Beans (3 oz.) *Green Salad (1cup) *Whole Orange *Whole Grain Roll (2 oz) *8 oz.1% Milk **Vegetarian Option** **Stewed Yellow Lentils	05/09 *Chicken Ala King (8 oz.) *Rice Pilaf (3 oz.) *Spinach (4 oz.) *Caesar Salad (1cup) *Whole Grain Roll (2 oz) *Orange Juice (6 oz.) *Vanilla Yogurt (6 oz.) **Vegetarian Option** **Veggie & Tofu Ala King	05/10 *Tuna Salad (4oz) *Wheat Bread (2 slices) *White Bean Soup (6oz) *Sliced Beets (4 oz.) • Lett & tomato • Fruit Cocktail (4 oz.) *8 oz. 1% milk (1) **Vegetarian Option** **Portabella & Mozz. Sandwich	05/11 *Beef Burgundy (4 oz.) *Farfale Pasta (3 oz.) *Corn (3 oz.) *Green Salad (1 cup) *Whole Grain Roll (2 oz) *Grape Juice (6 oz.) *Fruit Yogurt (6 oz.) **Vegetarian option** **Veg. & Cheese Stuff Tomato	05/12 *Pulled Chicken BBQ (4 oz.) •Wheat Bun (3") (1) *Cole Slaw (4 oz.) *Carrots (4 oz.) *Diced Pears (4 oz) *8 oz. 1% Milk **Vegetarian Option** **Spinach & Feta Croissant
05/15 *Meatloaf W Gravy (1pc) *Mashed Potato (3 oz.) *Collard Greens (3 oz.) *Green Salad (1cup) *Wheat Roll (2 oz) *Whole Orange *8 oz. 1% milk (1) **Vegetarian option** **Veggie & Bean Chili	05/16 *Smoked Turkey (3 oz.) *Wheat Bread (2 sl) *Marinated Veggie Sal. (4 oz.) *Lettuce & Tomato (1ea) *White Bean Soup (6 oz.) *Orange Juice (6 oz.) *Fruit Yogurt (1) **Vegetarian Option** **Cheese & Veggie Wrap	05/17 *BBQ Chicken (1 pc) *Macaroni & Cheese (3 oz.) *Green Salad (4 oz.) *Yellow Squash (4 oz.) *Banana *Whole Grain Roll (2 oz.) *8 oz. 1% milk (1) **Vegetarian Option** **Chix Less Nuggets **BIRTHDAY CAKE**	05/18 *Oven Fried Fish Filet (1) *Baby Whole Potato (3 oz.) *Kale (4 oz.) *Carrot/Raisin Salad (4 oz.) *Apple Juice (6 oz.) *Fruit Yogurt (6 oz.) * Whole Grain Roll (2 oz) *Vegetarian Option** **Lentil Stew	05/19 *Pesto Chicken (3 oz.) * Penne Pasta And Veggies *Green Beans (3 oz.) *Green Salad (cup) *Whole Orange *8 oz. 1% Milk (1) * Whole Grain Roll (2 oz) **Vegetarian Option** **Veggie & Cheese Soufflette
05/22 *Baked Ziti W/Beef (8 oz.) *Spinach (4 oz.) *Caesar Salad (1 cup) *Whole Grain Roll (2 oz) *Fruit Cocktail (4 oz.) *8 oz. 1% Milk (1) **Vegetarian option** **Baked Ziti W/ Cheese	05/23 *Lemon Basil Chicken (1) *Baked Potato (3 oz.) *Green Salad (1 cup) *Baked Baby Carrots (4 oz.) *Whole Grain Roll (2 oz) *Orange Juice (6 oz.) *Vanilla Yogurt (6 oz.) **Vegetarian Option** Veggie & Cheese Quesadillas	05/24 *Sweet V.A. Ham (3 oz.) *Wheat Bread (2 sl.) *Lettuce & Tomato (1 ea.) *White Bean Soup (6 oz.) *Cole Slaw (3 oz.) *Whole Peach *8 oz. 1% milk (1) **Vegetarian Option** **Eggplant & Mozz. Sand.	05/25 *Sweet & Sour Chicken (4 oz.) *Brown rice (3 oz.) *Broccoli (4 oz.) *Caesar Salad (1) *Whole Grain Roll (2 oz) *Apple juice (6 oz.) *Fruit Yogurt (6 oz.) **Vegetarian option** **Potato & Carrot Sauté W/ Black Beans	05/26 *Tuna Salad Plate (4 oz.) *Green Salad (1 cup) *Cous Cous Salad (4 oz.) *Sliced Beets (4 oz.) •Wheat Crackers (2 pkgs) *Banana (1) *8 oz. 1% Milk (1) **Vegetarian Option **Egg Salad