

DC Office of Aging - Community Dining Service

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
07/23 *Meatloaf W Gravy (1pc) *Mashed Potato (1/2 c) *Mixed Vegetables (1/2c) *Spinach Salad (1 cup) *Bread Stick (1) *Whole Orange *8 oz. 1% Milk (1) **Vegetarian Option** **Veggie & Bean Chili	07/24 *Smoked Turkey Breast (3oz) *W.W. Slice(2 sl.)/Crackers *Lettuce & Tomato (1 ea) *Veg. Barley Soup (6 oz) *Sliced Beets (1/2 Cup) *Fruit Yogurt (6 oz) *100% Juice (6 oz) **Vegetarian Option** *Eggplant & Mozzarella Sandwich	07/25 *Beef Stroganoff (5 oz.) *Rice Pilaf (1/2 Cup) *Spinach (1/2 Cup) *Green Salad (1cup) *Whole Apple (1) *1% Milk (8 oz) *Dinner Roll (1) **Vegetarian Option** ** Portobello Stroganoff	07/26 *Lemon Caper Chicken (3 oz) *Roasted Potato (1/2 Cup) *Green Peas (1/2 Cup.) *Whole Grain Roll (1) *Green Salad (1 Cup) *100% Juice (6 oz.) *Fruit yogurt (6 oz) **Vegetarian Option** **Curry Veggie & Tofu Wrap	07/27 *Mojito Lime Tilapia (3 oz) *Cucumber, Tomato, Red Onion Salsa (1 oz) *Corn Bread (1) *Black Bean And Corn (1/2 c) *Spinach Salad (1 cup) *1% Milk (8 oz) *Whole Banana (1) **Vegetarian Option** *Veggie Burger
07/30 *Curry Chicken Salad (3 oz.) *W.W. Sliced (2) *Vegetable Soup (6 oz.) *Green Salad (1cup) *Apple Sauce (4 oz.) *8 oz. 1% Milk (1) **Vegetarian Option** **Curry Chix peas	07/31 *All Beef Burger (3 oz) *Tater Tots (1/2 Cup) *Ketchup & Mustard Packs *Cole Slaw (1/2 Cup) *Wheat Bun (3") (1) *Fruit Yogurt (6 oz) *100% Juice (6 oz) **Vegetarian Option** **Spaghetti Squash Lasagna	08/01 *Chicken Marsala (3 oz.) *Wild Rice Pilaf (1/2 Cup) *Sliced Carrots (1/2 Cup) *Lima Beans (1/2 Cup) *Whole Grain Roll (1) *Whole Orange (1) *8 oz. 1% Milk (1) **Vegetarian Option** **Tofu W/ Bl. Bean Sauce	08/02 *Baked Pork Chop W/ Gravy (1) *Potato Wedges (1/2 Cup) *Okra W/ Diced Tomato (1/2 Cup) *Green Salad (1 Cup) *Whole Grain Roll (1) *100% Juice (6 oz.) *Fruit yogurt (6 oz) *Vegetarian Option** *Falafel Pita Sandwich	08/03 *Cajun Fish Filet (3 oz.) *Wheat Bun (3") (1) *Tartar Sauce (1 pkg.) *Collard Greens (1/2 Cup) *Green Peas & Corn (1/2 Cup) *8oz. 1% Milk *Diced Pineapple (4 oz) **Vegetarian Option** **Stewed Red Lentils
08/06 *Oven Fried Chicken Drumsticks (2) *Mac. & Cheese (1/2 Cup) *Green Salad (1cup) *California Veggies (1/2c) *Diced Peaches (1/2 Cup) *8 oz. 1% Milk *Corn Bread (1) **Vegetarian Option*** **Curried Tofu	08/07 *Beef Burgundy (4 oz.) *Farfalle Pasta (1/2 Cup) *Mixed Vegetables (1/2 Cup) *Sliced Beets (1/2 Cup) *Whole Grain Roll (1 oz) *100% Juice (6 oz.) *Fruit yogurt (6 oz) **Vegetarian Option** **Veg. & Cheese Stuffed Tomato	08/08 *Pulled Chicken BBQ (4 oz.) *Wheat Bun (3") (1) *Cole Slaw (1/2 Cup) *Corn (1/2 Cup) *Diced Pears (4 oz) *8 oz. 1% Milk **Vegetarian Option** **Pulled Jack Fruit Barbecue	08/09 *Green Peppers (1) Stuffed W/ Beef And Rice *Baby Carrots (1/2 Cup) *Collard Greens (1/2 Cup) *Whole Grain Roll (1) *100% Juice (6 oz.) *Fruit yogurt (6 oz) **Vegetarian Option** *Stuffed Portobello Mushroom	08/10 *Baked Salmon (3 oz.) *Rice Pilaf (1/2 Cup) *Broccoli (1/2 Cup) *Green Salad (1cup) *Whole Grain Roll (2 oz.) *1% Milk (8 oz) *Whole Banana (1) **Vegetarian Option** **Veggie & Lentil Stuffed Pepper
08/13 *Salisbury Steak (1 pc) *Mashed Potato (1 Cup) *Green Peas (1 Cup) *Green Salad (1cup) *Whole Orange *Parker House Roll (1) *8 oz.1% Milk **Vegetarian Option** **Stewed Yellow Lentils	08/14 *Chicken Ala King (8 oz.) W/ Veggies *Rice Pilaf (1/2 Cup) *Spinach (1/2 Cup) *Whole Grain Roll (1) *100% Juice (6 oz.) *Fruit yogurt (6 oz) **Vegetarian Option** **Veggie & Tofu Ala King	08/15 *Roast Pork Loin (3 oz) *Boiled Potatoes (1/2 Cup) *Carrots (1/2 Cup) *Cole Slaw (1 cup) *Italian Breadstick (1) *1% Milk (8oz) *Diced Peaches (4 oz.) **Vegetarian Option** *Egg Salad Sandwich	08/16 *Sweet & Sour Chicken (4 oz.) *Brown rice (1/2 Cup) *Broccoli (1/2 Cup) *Green Salad (1 cup) *Whole Grain Roll (1) *Apple juice (6 oz.) *Fruit Yogurt (6 oz.) **Vegetarian Option** **Potato & Carrot Sauté W/ Black Beans	08/17 *Tuna Salad (4oz) *Wheat Bread (2 sl)/Crackers *Potato & Leek Soup (6oz) *Sliced Beets (1/2 Cup) * Lett & Tomato (1 ea) * Watermelon *8 oz. 1% Milk (1) **Vegetarian Option** **Portabella & Mozzarella Sandwich
08/20 *Meat Lasagna (6 oz) *Spinach (4 oz) *Caesar Salad (1 cup) *2 oz. W.W. Dinner Roll *Diced Pears (4oz) *1% Milk (6 oz) **Vegetarian Option** **Eggplant & Mozz. Sandwich	08/21 *London Broil Tips (3 oz) *Rice Pilaf (1/2 Cup) *Broccoli (1/2 Cup) *Green Salad (1 cup) *100% Juice (6 oz.) *Fruit yogurt (6 oz) *Italian Breadstick (1) **Vegetarian Option** Portobello & Tofu Stew	08/22 *BBQ Chicken (1 pc) *Baked Sweet Potato (1/2c) *Sliced Beets (1/2 Cup) *Yellow Squash (1/2 Cup) *Banana (1 small) *Whole Grain Roll (1 oz.) *8 oz. 1% Milk (1) **Vegetarian Option** *Barbecued Tofu	08/23 *Spaghetti (1/2 Cup) w/ Meat sauce (4 oz) *Green Beans (1/2 Cup) *Yellow Squash (1/2 Cup) *Whole Grain Roll (1 oz.) *100% Juice (6 oz.) *Fruit yogurt (6 oz) **Vegetarian Option** *Garden Burger	08/24 *Oven Fried Pollack (3 oz) *Baby Whole Potato (1/2 Cup) *Kale (1/2 Cup) *Carrot/Raisin Salad (1/2 Cup) *Whole Apple (1) *8 oz. 1% Milk * Whole Grain Roll (1 oz) *Vegetarian Option** **Lentil Stew
08/27 *Baked Ziti W/Beef (8 oz.) *Spinach (1/2 Cup) *Caesar Salad (1 Cup) *Parker House Roll (1 oz) *Fruit Cocktail (4 oz.) *8 oz. 1% Milk (1) **Vegetarian Option** **Baked Ziti W/ Cheese	08/28 *Lemon Basil Chicken (1) *Greek Orzo Pasta (1/2 Cup) *Green Salad (1 cup) *Baked Baby Carrots (1/2 c) *Whole Grain Roll (1 oz) *100% Juice (6 oz.) *Fruit yogurt (6 oz) **Vegetarian Option** Tofu W/ Black Bean Sauce	08/29 *Tex Mex Beef Chili (8 oz) *Rice Pilaf & Veggies (1/2 c) *Green Salad (1 Cup) *Mixed Vegetables (1/2 Cup) *Breadstick (1) *Whole Orange (1) *8 oz. 1% Milk (1) **Vegetarian Option** *Vegetarian Chili W/ Beans	08/30 *Grill Chicken Breast (3 oz.) *Wheat Bun (3") *Lettuce & Tomato (1 ea.) *Potato Wedges (1/2 Cup) *3 Bean Salad (1/2 Cup) *100% Juice (6 oz.) *Fruit yogurt (6 oz) **Vegetarian Option** Veggie & Cheese Quesadillas	08/31 *Seafood Pasta Salad (8 oz.) *Whole Grain Dinner Roll (1) *Green Salad (1 Cup) *White Bean Soup (6oz) *Whole Pears (1) *8 oz. 1% Milk (1) ***Vegetarian Option*** **Falafel & Pita Sandwich