

DC Office of Aging - Community Dining Service

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
07/10 *Sloppy Joe (4 oz.) *Wheat Bun (3"-1) *Spinach (4 oz.) *Potato Wedges (4 oz.) *8 oz. Milk 1% *Whole Orange **Vegetarian Option*** **Eggplant Parmesan	07/11 *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	07/12 *Seafood Pasta Salad (8 oz.) *Black Bean & Corn Salas (4 oz) *Green Salad (1 Cup) * Whole Grain Roll (1) * Diced Pears (4 oz.) *8 oz. 1% Milk (1) ***Vegetarian Option*** **Falafel & Pita Sandwich	07/13 *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	07/14 *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
07/17 *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 Chickpeas	07/18 *Spaghetti (8 oz.) w/ Meat sauce *Green Beans (3 oz.) *Green Salad (1cup) *Whole Grain Roll (2 oz.) *Orange Juice (6 oz.) *Vanilla Yogurt (6 oz.) **Vegetarian Option** **Stewed Red Lentils	07/19 *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 **BIRTHDAY CAKE**	07/20 *Pulled Turkey BBQ (4 oz.) *Mixed Vegetables (3 oz.) *Roasted Potatoes (3 oz.) *Cole Slaw (4 oz.) *Wheat Bun (1) *Orange Juice (4 oz.) *Vanilla Yogurt **Vegetarian Option** **Veggie & Cheese Quesadillas	07/21 *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.) *Watermelon *8 oz.1% Milk (1) **Vegetarian Option** **Cheese Manicotti
07/24 *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	07/25 *Pot Roast (4 oz.) *Gravy (2 oz.) *Egg Noodles (3 oz.) *Mixed Veggies (4 oz.) *Green Salad (1cup) *Whole Grain Roll (2 oz) *Orange Juice (6 oz.) *Vanilla Yogurt (6 oz.) **Vegetarian Option** **Lentil Stuffed Pepper	07/26 *Herb Roasted Chicken (2pc) *Gravy (2 oz.) *Herb Stuffing. (2 oz.) *Baked Butternut Squash (4oz) *Green Salad (1cup) *Wheat Bread (1) *Diced Peaches (4 oz.) *8 oz. 1% Milk (1) **Vegetarian Option** **Veggie Lasagna	07/27 *Roasted Pork loin (3 oz.) *Baked Sweet Potato (1) *Caesar Salad (1cup) *Cauliflower (4 oz.) *Whole Grain Roll (2 oz.) *Apple Juice(1.) *Fruit Yogurt (6 oz.) **Vegetarian Option** **Chix less Nuggets	07/28 *Baked Salmon (3 oz.) *Mashed Potato (3 oz.) *Broccoli (4 oz.) *Green Salad (1cup) *Whole Grain Roll (2 oz.) *Watermelon *8 oz. 1% Milk (1) **Vegetarian Option** **Veggie Burger
07/31 *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	08/01 *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	08/02 *Beef Burgundy (4 oz.) *Farfalle Pasta (3 oz.) *Corn (3 oz.) *Green Salad (1 cup) *Whole Grain Roll (2 oz) * Fruit Cocktail (4 oz.) *8 oz. 1% Milk (1) **Vegetarian Option** **Portabella & Mozzarella Sandwich	08/03 *Pulled Chicken BBQ (4 oz.) *Wheat Bun (3") (1) *Cole Slaw (4 oz.) *Carrots (4 oz.) *Grape Juice (6 oz.) *Fruit Yogurt (6 oz.) **Vegetarian Option** **Veg. & Cheese Stuffed Tomato	08/04 *Tuna Salad (4oz) *Wheat Bread (2 slices) *White Bean Soup (6oz) *Sliced Beets {4 oz.) * Lett & tomato *Diced Pears (4 oz) *8 oz. 1% Milk **Vegetarian Option** **Spinach & Feta Croissant
08/07 *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	08/08 *BBQ Pork Loin (1 pc) *Macaroni & Cheese (3 oz.) *Green Salad (4 oz.) *Yellow Squash (4 oz.) *Whole Grain Roll (1) *Orange Juice (6 oz.) *Fruit Yogurt (1) **Vegetarian Option** **Cheese & Veggie Wrap	08/09 *ROOM TEMP ENTRÉE* * Lemon Caper Chicken Brst. * Bl. Bean And Corn Salad (4 oz) *Pasta & Veg. Primavera (4 oz) *Banana *Whole Grain Roll (2 oz.) *8 oz. 1% Milk (1) **Vegetarian Option** **Chix Less Nuggets	08/10 *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	08/11 *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
08/14 *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	08/15 *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	08/16 *Smoked Turkey (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. Sandwich **BIRTHDAY CAKE**	08/17 *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	08/18 *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