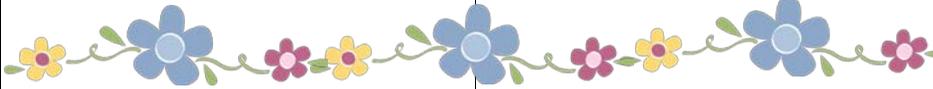


DC Office on Aging: Congregate Meal Service - May 2013

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 BBQ Chicken 3-oz Carrots 4-oz Baked Beans 4-oz Spinach Salad w/ Dressing 1-cup Whole Wheat Bun 2-oz Mustard/Mayo Packet Grape Juice 6-oz</p> <p>Vegetarian: BBQ Tofu</p>	<p>2 Tuna Macaroni Salad 6-oz Cucumber and Tomato Salad 4-oz Italian Wedding Soup 6-oz Crackers 3-pkts Mayonnaise Tropical Fruit Cup 4-oz</p> <p>Vegetarian: ChixLess Nuggets and Dumplings</p>	<p>3 Turkey Pot Roast 3-oz Sweet Potatoes 4-oz Corn 4-oz Caesar Salad w/ Dressing 1-cup Corn Muffin Margarine Orange juice 6-oz</p> <p>Vegetarian: Veggie Burger</p>
<p>6 Beef Hamburger w/ Cheese Steak Fries 4-oz Broccoli 4-oz Tossed Salad w/ Dressing 1-cup Wheat Bun 2-oz Mustard/ Mayo/Ketchup Apple Juice 6-oz</p> <p>Vegetarian: BeefLess Stew</p>	<p>7 Teriyaki Chicken 4-oz Fried Rice 4-oz Oriental Blend Vegetables 4-oz Cabbage 4-oz Whole Grain Bread Slice Margarine Fruit Cup 4-oz</p> <p>Vegetarian: Pasta Primavera</p>	<p>8 Crab Cake 3-oz Warm Pasta Salad 4-oz Squash Medley 4-oz Spinach Salad w/ Dressing 1-cup Italian Bread Slice Margarine Grape Juice 6-oz</p> <p>Vegetarian: Orange ChixLess Nuggets</p>	<p>9 Beef Ribs w/ Gravy 3.5-oz Baked Potato w/ Sour Cream 4-oz Carrots 4-oz Chicken Noodle Soup 6-oz Crackers 3-pkts Margarine Mandarin Oranges 4-oz</p> <p>Vegetarian: BeefLess Burger w/ Gravy</p>	<p>10 Baked Fish with Herb Sauce Parslied Egg Noodles 4-oz Asparagus Tips 4-oz Caesar Salad w/ Dressing 1-cup Corn Muffin Margarine Orange juice 6-oz</p> <p>Vegetarian: Tofu Scramble</p>
<p>13 Turkey and Cheese Sandwich Carrot Raisin Salad 4-oz Potato Salad 4-oz Tossed Salad w/ Dressing 1-cup Pumpernickel Bread 2-oz Mayonnaise/Mustard Packet Apple Juice 6-oz</p> <p>Vegetarian: ChixLess Patty w/ Gravy</p>	<p>14 BBQ Beef on Bun Baked Beans 4-oz Broccoli 4-oz Cole Slaw 4-oz Whole Wheat Bun Margarine Peach Cup 4-oz</p> <p>Vegetarian: Vegetable Jambalaya</p>	<p>15 Tuna Salad 3-oz Green Bean Vinagrette 4-oz Pickled Sliced Beets 4-oz Spinach Salad w/ Dressing 1-cup Pita Bread 1-oz Mayo/Mustard Packets Grape Juice 6-oz</p> <p>Vegetarian: Pasta w/ Veggie Crumbles</p>	<p>16 Beef Meatballs in Tomato Sauce Spaghetti 4-oz Cauliflower Broccoli Blend 4-oz Minestrone Soup 6-oz Crackers 3-pkts Margarine Cinnamon Applesauce 4-oz</p> <p>Vegetarian: Curry Tofu</p>	<p>17 Oven Fried Chicken (2 ea) Pasta Salad 4-oz Corn 4-oz Caesar Salad w/ Dressing 1-cup Corn Muffin Margarine Orange juice 6-oz</p> <p>Vegetarian: ChixLess Nuggets</p>
<p>20 Meatloaf w/ Gravy 3-oz Baked Potato w/ Sour Cream 4-oz Carrots 4-oz Tossed Salad w/ Dressing 1-cup Whole Grain Bread Slice Margarine Apple Juice 6-oz</p> <p>Vegetarian: Veggie Patty</p>	<p>21 Herb Crusted Baked Fish 3-oz Rice Pilaf 4-oz Cabbage 4-oz Cucumber Salad 4-oz Italian Bread Slice Margarine Tropical Fruit Cup 4-oz</p> <p>Vegetarian: Sweet and Sour Tofu</p>	<p>22 Sloppy Joe 3-oz Potato Wedges 4-oz Squash Medley 4-oz Spinach Salad w/ Dressing 1-cup Wheat Bun 2-oz Mayonnaise, Mustard, Ketchup Packet Grape Juice 6-oz</p> <p>Vegetarian: Roasted Vegetables on Sub</p>	<p>23 Chicken Salad 3-oz Pasta Salad 4-oz Green Bean Salad 4-oz Split Pea Soup 6-oz Crackers 3-pkts Mayonnaise/Mustard Packet Applesauce 4-oz</p> <p>Vegetarian: ChixLess Piccata</p>	<p>24 Salisbury Steak w/ Gravy 3-oz Mashed Potatoes 4-oz Collard Greens 4-oz Caesar Salad w/ Dressing 1-cup Corn Muffin Margarine Orange juice 6-oz</p> <p>Vegetarian: BBQ BeefLess Patty</p>
<p>27</p> <p style="text-align: center;">MEMORIAL DAY</p> 	<p>28 Beef Hot Dog 3-oz Cole Slaw 4-oz Baked Beans 4-oz Mixed Vegetables 4-oz Wheat Hot Dog Bun 2-oz Mustard/Ketchup/Relish 1 packet Mandarin Oranges 4-oz</p> <p>Vegetarian: Cheese Ravioli w/ Marinara</p>	<p>29 Stuffed Chicken w/ Gravy 3-oz Mashed Potatoes 4-oz Capri Blend Vegetables 4-oz Spinach Salad w/ Dressing 1-cup Corn Muffin Margarine Grape Juice 6-oz</p> <p>Vegetarian: ChixLess Patty w/ Gravy</p>	<p>30 Sweet and Sour Meatballs 3-oz Egg Noodles 4-oz Carrots 4-oz Tomato Basil Soup 6-oz Dinner Roll Margarine Fruit Cup 4-oz</p> <p>Vegetarian: BeefLess Stew</p>	<p>31 Turkey Burger 3-oz Steak Fries 4-oz Squash Medley 4-oz Caesar Salad w/ Dressing 1-cup Whole Wheat Bun 2-oz Ketchup/Mustard Packets Orange juice 6-oz</p> <p>Vegetarian: Veggie Patty w/ Gravy</p>

1% Milk served with all meals.