

LUNCH MENU

ADULT DAY CARE CENTER OF LAS VEGAS

FEBRUARY 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1)
Gumbo Soup
Baked Chicken
Drumettes
Cheese Pizza Slice
Whole wheat Pizza crust
House Salad
Broccoli Spears
Oatmeal Raisin Crisp
***Pre Game Party
SUPER BOWL***

2)
Corn Chowder
Cheeseburger w/
Lettuce & Tomato
on Whole grain roll
Baked Potato Fries
Slice Apples
w/granola
***SUPER BOWL**

3)
Lentil Soup
Garlic Chicken
Rice Pilaf
Sautéed
Vegetables
Pineapple Slices

4)
Chinese Veg. Soup
Steamed Fish
w/ lemon slices
Longevity Noodles
whole grain
Broccoli & Carrots
Spring rolls
Good fortune fruit

5)
Cream Of Spinach
Soup
Beef Stew w/
Veggies
Steamed Brown
Rice
Cornbread
Pears

6)
Veggie Soup
B-B-Que Chicken
Veggie Brown Rice
Baked Beans
Green Salad
Cantaloupe
COOKIE DAY

7)
Chicken Noodle
Soup
Baked Fish Fry
Mashed Potatoes
Green Salad
Cinnamon Apples

8)
Beef Veggie Soup
Baked Chicken
Tenders
Sweet Potatoes
Green Beans
Orange Slices

9)
Minestrone Soup
Teriyaki Chicken
Stir Fry Veggies
Steamed Brown
Rice
Orange Slices

10)
Corn Veggie
Chowder
Baked Fish
Macaroni & Cheese
w/whole grain
noodles
Broccoli
Sliced Pears

11)
Split Pea Soup
Tuna Melt on Rye
Baked Tater Tots
Green Salad
Cinnamon Peaches

12)
Beef Vegetable
Soup
Turkey Salisbury
Smothered Steak
Mashed Potato w/
Gravy
Peas and Carrots
Sliced Pears

13)
Chili Bean Soup
Beef Soft Taco w/
Lettuce, Tomato
and Cheese
Spanish rice
Mexican Squash
Churros w/apples

14)
Green Salad
Baked Raspberry
Chicken
Baked Potato
Green Bean
Strawberry and
Cream
VALENTINES PARTY

15)
Veggie Soup
Cheese Pizza on
whole grain crust
Cucumber Salad
Pears

16)
Cesar Salad
Smothered
Chicken w/ a light
mushroom sauce
Brown Rice
Cinnamon Apples

17)
Cobb Salad
Roast Turkey
Breast
Mashed Potato w/
Gravy
Green Beans
Orange Slices
APPLE CRISP DAY

18)
Broccoli Soup Oven
Fried Catfish
Wild Rice
Green Salad
Cinnamon Apples
***FRUITY SMOOTHIE
DAY***

19)
Cream of Veggie
Soup
Chicken Parmesan
Baked Pasta
Squash & Zucchini
Apples w/ Granola

20)
Chicken & Rice
Soup
Tuna Salad
Sandwich w/
lettuce & tomato
Multi Gran Chips
Orange Smiles

21)
Vegetable Soup
Beefy Sloppy Joe
w/ cheese on a bun
Zucchini Fries
Sliced Peaches

22)
Chicken Noodle
Soup
Turkey & Cheese
Sub Sandwich w/
lettuce & tomato
Tater Tots
Sliced Apples

23)
Bean Soup
Swedish Meatball
Whole wheat Pesto
Noodles
Mixed Vegetables
Yogurt w/ Fruit

24)
Tomato Soup
Baked Fish
Hush puppies
Cole Slaw
Peas and Carrots
Pineapple Slices

25)
Beef Barley Soup
Southwest Turkey
whole grain tortilla
Wrap w/ lettuce &
tomato
Cucumber Salad
Cottage Cheese w/
Peaches

26)
Potato Leek Soup
Taco Salad
Lettuce & Tomato
Cheese / Turkey
w/corn chips
Pineapple Slices
BIRTHDAY CAKE

27)
Barley Soup
Chicken Parmesan
Baked Ziti
Squash/ Zucchini
Orange Smiles

28)
Veggie Soup
Green House Salad
Sloppy Joes whole
wheat bun
Baked Potato
wedges
Apple Slices

29)
Chicken Veggie
Soup
Grilled Cheese on
Whole wheat Bread
Zucchini Fries
Pears Slices

*2% Milk is offered at Breakfast and Lunch.