

LUNCH MENU

ADULT DAY CARE CENTER OF LAS VEGAS

JANUARY 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1)
Veggie Soup
Meat Loaf
Flat wheat Noodles
Peas and Carrots
Sliced Pears
New Year's Day

2)
Broccoli Soup
Chicken Salad
Sandwich
3 Bean Salad
Orange Slices

3)
Veggie Soup
Cheese whole grain Pizza
Cucumber Salad
Apple Slices

4)
Green Salad
Turkey Chili w/
Beans
Corn Bread
Yogurt w/Granola
APPLE CRISP

5)
Tomato Veggie Soup
Chicken Fajita w/
Bell Pepper / Lettuce/
Tomato
Whole wheat Tortilla
Black Beans
Mixed Fruit

6)
Multi Bean Soup
Tuna Salad
Sandwich on wheat bread
Broccoli Spears
Sliced Apples

7)
Chicken Veggie Soup
Beefy Baked whole grain pasta
Lasagna
Spinach Salad
Orange Slices

8)
Corn Chowder
Chicken Strips
Baked French Fries
Broccoli Spears
Baked Apples

9)
Beef Veggie Soup
Turkey Sub Sandwich
Baked Potato Chips
Pineapple Slices

10)
Chicken Veggie Soup
Smothered Meatballs over a bed of brown rice
Yellow/Green Squash
Glazed Pears
***Lemon Tea Day ***

11)
Veggie Soup
Beef Stew w/
Chunky Veggies
Whole grain Flat Bread
Cinnamon Apples

12)
Clam Chowder
Fish 'N' baked Chip
Cabbage Slaw
Whole wheat Roll / r
Lemon Wedge
Pears

13)
Veggie Soup
Baked Orange Chicken
Roasted Broccoli Spears
Steamed brown Rice
Apricots

14)
Tomato Soup
Grilled Turkey & Cheese on wheat bread Sandwich
Zucchini Spears
Baked Apples

15)
Cream of Veggie Soup
Philly Steak on wheat bread Sandwich
Baked French Fries
Sliced Pineapples
POPCORN DAY

16)
Broccoli Soup
Cheeseburger on whole wheat bun w/ lettuce and tomato
Baked zucchini Fries
Sliced Oranges

17)
Beefy Chili w/ Beans
Corn Bread
Green Salad
Peaches

18)
Chicken Veggie Soup
Grilled Cheese on wheat bread
Potato salad
Sliced Apples

19)
Creamy Tomato Soup
Baked Chicken
Mushroom Sauce
Brown Rice
Broccoli
Strawberries

20)
Veggie Soup
Spaghetti w/ Meat Sauce
Garlic wheat Bread
Green Beans
Peaches
NATIONAL PIE DAY

21)
Multi Bean Soup
Chicken Sandwich on bun w/ lettuce and tomato
Multi- Gran Chips
Pears

22)
Broccoli Soup
Baked Fish
Steamed Rice
Peas and Carrots
Orange Slices
BIRTHDAY CAKE

23)
Chicken Veggie Soup
Beef Stroganoff w/ Egg Noodles
Green Beans
Glazed Pears

24)
Veggie Soup
Chicken Pot Pie
Green Salad
Blueberries with Cream

25)
Green Salad
Beef Stew w/
Chunky Veggies
Flat Bread
Cinnamon Apples

26)
Corn Chowder
Lemon Garlic Tilapia
Brown Rice
Roasted Veggies
Melon

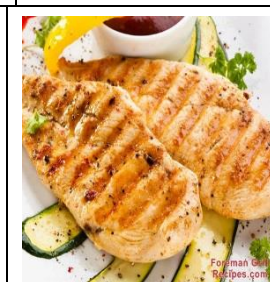
27)
Chicken Noodle Soup
Grilled Cheeseburger w/ lettuce & tomato
Baked Potato Fries
Pineapple Slices

28)
Turkey Brown Rice Soup
Lemon Herb Baked Chicken
Peas & Carrots
Orange Slices
HOT COCOA DAY

29)
Beef Barley Soup
French Dip Wheat bread Sandwich
Au Jus
Potato Salad
Broccoli
Sliced Pears

30)
Veggie Soup
Roasted Chicken
Steamed brown Rice
Green Beans
Cinnamon Apples

31)
Tomato Soup
Creamy Turkey Alfredo w/ whole grain noodles
Broccoli Spears
Apricots



***Milk is offered at Breakfast and Lunch.**