

# LUNCH MENU

# ADULT DAY CARE CENTER OF HENDERSON

# 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)  
**WE ARE CLOSED  
OUR ADULT DAY  
CARE CENTER OF  
LAS VEGAS IS  
OPEN  
7:30 AM – 6:00 PM**

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)  
**WE ARE CLOSED  
OUR ADULT DAY  
CARE CENTER OF  
LAS VEGAS IS  
OPEN  
7:30 AM – 6:00 PM**

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)  
**WE ARE CLOSED  
OUR ADULT DAY  
CARE CENTER OF  
LAS VEGAS IS  
OPEN  
7:30 AM – 6:00 PM**

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)  
**WE ARE CLOSED  
OUR ADULT DAY  
CARE CENTER OF  
LAS VEGAS IS  
OPEN  
7:30 AM – 6:00 PM**

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.**