

# LUNCH MENU

# ADULT DAY CARE CENTER OF LAS VEGAS

# MARCH 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

 <p>1) Spinach Salad Italian Turkey Sausage w/ penne pasta Steamed Zucchini Yogurt w/fruit</p>	<p>2) Cucumber Salad Italian Turkey Sausage w/Whole grain penne pasta Steamed Zucchini Sliced Apples</p>	<p>3) Spinach Salad Meat Loaf Steamed Brown Rice Green Beans Mixed Melon</p>	<p>4) Veggie Noodle Soup Chicken Salad Sandwich on whole wheat bread Lettuce &amp; Tomato Baked Tater Tots Sliced Pears <b>HOMEMADE OATMEAL GRANOLA DAY</b></p>	<p>5) Veggie Soup Baked Bar-B-Que Chicken Mashed Potatoes Green Salad Yogurt w/fruit</p>	<p>6) Multi Bean Soup Hot Tuna Melt on whole Grain Bread Zucchini Strips Orange Slices</p>	<p>7) Veggie Soup Turkey Sandwich on whole wheat bread Lettuce / Tomato Multigrain Chips Pineapple Slices</p>
<p>8) Cream Tomato Soup Baked Chicken Zucchini Strips Honey Dew Melon</p>	<p>9) Minestrone Soup Oven Fried Steak Mashed Potato Green Beans Sliced Apples <b>Whole grain Cookie Day*</b></p>	<p>10) French Onion Soup Meatloaf Cauliflower Mac &amp; Cheese Green Salad Apple Crumb</p>	<p>11) Egg Drop Soup Teriyaki Chicken Steamed Broccoli w/ Brown Rice Melon Mix</p>	<p>12) Green Salad Chicken Fajita Refried Beans Wheat Tortilla Spanish Brown Rice Sliced Apples</p>	<p>13) Chicken Noodle Soup Fish Sandwich w/ Lettuce &amp; Tomato Potatoes Blueberries &amp; Pears</p>	<p>14) Veggie Soup Green Salad Tuna Melt on Rye Baked Zucchini Fries Orange Slices</p>
<p>15) Veggie Soup Green Salad Messy Sloppy Joes on Wheat Bread Multigrain Corn Chips Orange Slices</p>	<p>16) Beef Veggie Soup Chicken Cacciatore Over whole wheat Fettuccine Noodles Green Salad Strawberry w/ Cream</p>	<p>17) Split Pea Soup Corned Beef Cabbage w/ Corn Bread Potatoes Mixed Melons Green Apple Crumb <b>St. Patrick's Party*</b></p>	<p>18) Tomato Soup Beef Burger w/ Cheese on Whole wheat bun Lettuce &amp; Tomato Wedge Cut Potatoes Pineapples</p>	<p>19) Cream Potato Soup Hot Pulled Chicken on Rye Bread Baked Potato Chips Green Salad Diced Apples</p>	<p>*20) Broccoli Soup Taco Burger on whole wheat Bun w/Cheese Lettuce Multigrain Chips Green Beans Mixed Melons <b>FRUIT SMOOTHIE DAY</b></p>	<p>21) Veggie Soup Chicken Fingers Butter whole grain Noodles Green Beans Pineapple Slices</p>
<p>22) Turkey Veggie Soup Chicken Strips Jasmine Rice Green Salad Apricots w/ Cream</p>	<p>23) Chicken Noodle Soup Herb Baked Chicken Brown Rice Pilaf Green Salad Strawberry w/ Cream</p>	<p>24) Turkey Noodle Soup Chicken Quesadilla on whole wheat Tortilla w/ Lettuce, Tomato &amp; Cheese Mixed Vegetables Blackened Beans Sliced Peaches</p>	<p>25) Veggie Soup Chicken Fingers Red Beans Brown Rice Green Salad Corn Bread Cinnamon Apples <b>*BIRTHDAY CAKE*</b></p>	<p>26) Veggie Potato Leek Soup Beef Spaghetti Garlic Bread Green Beans Green Salad Sliced Kiwi</p>	<p>27) Cream Spinach Soup Grilled Chicken Breast Rotini wheat Pasta Green Salad Steamed Broccoli Mixed Melons</p>	<p>28) Veggie Soup Grilled Turkey &amp; Cheese Sweet Potato Cubes Green Beans Glazed Pears</p>
<p>29) Corn Chowder Turkey Sub on whole grain bread Sandwich w/ Lettuce &amp; Tomato Baked Potato Chips Sliced Oranges</p>	<p>30) Turkey Noodle Soup Italian Meatballs Tortellini Green Salad Strawberries <b>ITALIAN ICES DAY</b></p>	<p>31) Black Bean Soup Beef Taco Salad Corn Chips w/Cheese Lettuce &amp; Tomato Spanish Rice Peach Cobbler</p>		<p><b>LUNCH TIME</b></p> 		

\*1% Milk is offered at Breakfast and Lunch.