

**LUNCH MENU
SUNDAY**

ADULT DAY CARE CENTER OF LAS VEGAS

**OCTOBER 2020
SATURDAY**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



<p>Spinach Salad Baked Bar-B-Q Chicken Brown Rice Pilaf Steamed Broccoli Orange Slices</p> <p>1)</p>	<p>Green Pea Veggie Soup Fish-N-Chips Hush Puppies Sliced Apples</p> <p>2)</p>	<p>Vegetable Soup Tuna Melt on Rye w/ lettuce & tomato Zucchini Fries Pineapples</p> <p>3)</p>
<p>Tomato Veggie Soup Turkey Tacos On corn tortillas w/ Lettuce , tomato , cheese Pinto beans Sliced Apples</p> <p>4)</p>	<p>Split Pea Soup Oven Baked Fish w/ Zest of Lemon whole grain Butter Noodles Broccoli Spears Oranges Slices</p> <p>5)</p>	<p>Green Salad Baked Chicken Mashed Potatoes w/ Gravy Green Beans Blueberries</p> <p>6)</p>
<p>Chicken Noodle Soup Beef Teriyaki Stir Fry Vegetables Over Bed of Rice Brown Rice Orange Slices</p> <p>7)</p>	<p>Lentil Soup Pulled Chicken Sandwich on Wheat Bun Crispy Coleslaw Sliced Pears *WARM APPLE DAY*</p> <p>8)</p>	<p>Veggie Chicken Soup Grilled Turkey Hamburgers on wheat bun w/lettuce & tomato Baked Potato Fries Apricots</p> <p>9)</p>
<p>Veggie Soup Baked Bar-B-Que Chicken Butter whole grain Noodles Mixed vegetables Pineapples</p> <p>11)</p>	<p>Broccoli Soup Fish Filet Sandwich on whole wheat bread w/ lettuce & tomato Baked Zucchini Fries Honey Dew Melon *OATMEAL BAR *</p> <p>12)</p>	<p>Beef Veggie Soup Turkey Wrap on whole grain tortilla w/ lettuce, tomato, and cheese Corn Chips Apricots</p> <p>13)</p>
<p>Green Salad Beef Meatloaf Mashed Potatoes Broccoli Spears Apple Cinnamon Slices *LEMONADE DAY*</p> <p>14)</p>	<p>Cream of Mushroom Soup Chicken Breast on whole grain Bun w/ Lettuce & Tomato Cubed Potatoes Yogurt w/ Granola</p> <p>15)</p>	<p>Chile Bean Soup Hamburger Steak Baked Potato Green Salad Orange Slices</p> <p>16)</p>
<p>Beef Veggie Soup Baked Chicken Tenders Green Beans Sweet Potatoes Yogurt w/ Granola</p> <p>17)</p>	<p>Veggie Soup Chicken Cheese Pizza on whole grain dough Green Salad Apricots</p> <p>22)</p>	<p>Chicken Veggie Soup Philly Steak Sandwich on whole grained bread Multi Gran Chips Coleslaw Cinnamon Apples</p> <p>23)</p>
<p>Green Salad Beef Stew w/ Veggies Orange Slices Corn Bread</p> <p>18)</p>	<p>Corn Chowder Soft Chicken Tacos on whole grain tortilla w/ Lettuce & Tomato Spanish Brown Rice Yogurt w/ Granola</p> <p>19)</p>	<p>Green Salad Turkey Meatloaf Mashed Potatoes Broccoli Spears Orange Slices</p> <p>20)</p>
<p>Multi Bean Soup Beef Sloppy Joes on Wheat Bun Zucchini Fries Cinnamon Peaches *BIRTHDAY CAKE*</p> <p>21)</p>	<p>Veggie Soup Turkey Spinach Lasagna whole grain pasta Green Salad Orange Slices</p> <p>25)</p>	<p>Veggie Soup Baked Chicken Roasted Potatoes Green Beans Sliced Pears</p> <p>27)</p>
<p>Green Salad Texas Turkey Chile w/Beans and veggies Homemade Corn Bread Muffins Sliced Pears</p> <p>28)</p>	<p>Veggie Soup Hot Turkey Sandwich on wheat bread Potato Fries Sliced Peaches</p> <p>29)</p>	<p>Ghostly Broccoli Soup Grilled Beef Cheeseburger on whole grain bun w/ lettuce & tomato Potato Fries Eye Ball Fruit *HALLOWEEN PARTY*</p> <p>30)</p>
<p>Veggie Soup Turkey Cheese Pizza on whole grain dough Green Salad Apricots *HALLOWEEN DAY*</p> <p>31)</p>		

1% Milk is served with Breakfast and Lunch