

# LUNCH MENU

# ADULT DAY CARE CENTER OF LAS VEGAS

# JANUARY 2025

SUNDAY

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p><b>We Are CLOSED Sundays @ our Adult Day Care Center of Las Vegas!</b></p>			<p>1) Tomato Veggie 6oz Chicken 3oz Fajita w/ Bell Pepper / Lettuce/ Tomato 1/2c WW Tortilla 1oz Lucky Pinto Beans 1/2c <b>New Year's Day*</b> Mixed Fruit 1/2c</p>	<p>2) Cream Tomato 6oz Alfredo w/ Turkey 3oz WW noodles 1 cup Broccoli Spears 1/2c Apricots 1/2c</p>	<p>3) Clam Chowder 6oz Fish 3oz 'N' baked Chip 1/2c Cabbage Slaw 1/12c Whole wheat Roll 2oz Lemon Wedge Pears 1/2c</p>	<p>4) Green Salad 1c Turkey Chili 3oz w/ Beans 1/2c Corn Bread 2.4oz Yogurt w/fruit 1/2c <b>*APPLE CRISP*</b></p>
<p>5) <b>We Are CLOSED Sundays @ our Adult Day Care Center of Las Vegas!</b></p>	<p>6) Multi Bean Soup 6oz Tuna Salad 3oz Sandwich on Ww bread 2-1oz Broccoli Spear 1/2c Sliced Apples 1/2c</p>	<p>7) Chicken Veggie 6oz Beefy 3oz Baked WW pasta 1C Lasagna Spinach Salad 1/2c Orange Slices 1/2c</p>	<p>8) Corn Chowder 6oz Chicken Strips 3oz French Fries 1/2c Green beans 1/2c Baked Apples 1/2c</p>	<p>9) Veggie Soup 6oz Beef Turkey 3oz Sub roll 1-2oz Sandwich Baked Potato Chips 1/2c Pineapple Slices 1/2c</p>	<p>10) Chicken Veggie 6oz Smothered Meatball 3oz over brown rice 1 c Yellow/Green Squash 1/2c Glazed Pears 1/2c <b>*Lemon Tea Day *</b></p>	<p>11) Veggie Soup 6oz Beef 3oz Stew w/ Chunky Veggies 1/2c WW Flat Bread 2oz Cinnamon Apple 1/2c</p>
<p>12) <b>We Are CLOSED Sundays @ our Adult Day Care Center of Las Vegas!</b></p>	<p>13) Veggie Soup 6oz Baked Orange Chicken 3oz Roasted Broccoli Spears 1/2c brown Rice 1 c Apricots 1/2c</p>	<p>14) Tomato Soup 6oz Grilled Turkey 2oz &amp; Cheese 1oz on ww bread 2-1oz Sandwich Zucchini Spear 1/2c Baked Apples 1/2c</p>	<p>15) Cream of Veggie 6oz Philly Steak 3oz on wheat bread 2-1oz Sandwich French Fries 1/2c Sliced Pineapples 1/2c <b>*POPCORN DAY</b></p>	<p>16) Broccoli Soup 6oz Cheese 1oz burger 2oz WW bun 2oz w/ lettuce tomato 1/2c zucchini Fries 1/2c Sliced Oranges 1/2c</p>	<p>17) Beefy 3oz Chili w/ Beans 1/2c Corn Bread 2.4oz Green Salad 1C Peaches 1/2c</p>	<p>18) Chicken Veggie 6oz Grilled Cheese 3oz WW bread 2-1oz Potato salad 1/2c Sliced Apples 1/2c</p>
<p>19) <b>We Are CLOSED Sundays @ our Adult Day Care Center of Las Vegas!</b></p>	<p>20) Veggie Soup 6oz Spaghetti w/ Meat Sauce 3oz Garlic WW Bread 1oz Spaghetti 1/2c Green Beans 1/2c Peaches 1/2c <b>*NATIONAL PIE DAY*</b></p>	<p>21) Multi Bean 6oz Chicken 3oz WW bun 2oz lettuce tomato 1/2c Sun Chips 1oz Pears 1/2c</p>	<p>22) Broccoli Soup 6oz Baked Fish 3oz Steamed Rice 1 C Peas &amp; Carrots 1/2c Orange Slices 1/2c <b>*Birthday Cookie Day</b></p>	<p>23) Chicken Veggie 6oz Beef 3oz Stroganoff Egg Noodles 1 c Green Beans 1/2c Glazed Pears 1/2c</p>	<p>24) Veggie Soup 6oz Chicken 3oz Pot Pie WW roll 1-2oz Green Salad 1 c Blueberries 1/2c with Cream</p>	<p>25) Green Salad 1/2c Beef 3oz Stew w/ Chunky Veggie 1/2c Flat Bread 2oz Cinnamon Apples 1/2c</p>
<p>26) <b>Reviewed by Geri Lynn Grossan, RDN 12-11-24</b></p>	<p>27) Chicken Noodle 3oz Cheese 1oz burger 2oz w Ww bun 1-2oz lettuce tomato 1/2c Potato Fries 1/2c Pineapple Slice 1/2c</p>	<p>28) Turkey Rice 6oz Lemon Herb Baked Chicken 3oz Peas &amp; Carrots 1/2c WW roll 1-2oz Orange Slices 1/2c <b>*HOT COCOA DAY*</b></p>	<p>29) Beef Barley 6oz French Dip Beef 3oz WW bread 2-1oz Au Jus 1oz Potato Salad 1/2c Broccoli Sliced 1/2c Pears 1/2c</p> 	<p>30) Chicken Noodle 6oz Chicken fingers 3oz Green Salad 1/2c Green / yellow squash 1/2c WW Roll 2oz</p>	<p>31) Sliced Oranges 1/2c Veggie Soup 6oz Roasted Chicken 3oz Steamed brown Rice 1 cup Green Beans 1/2c Cinnamon Apples 1/2c <b>New Years Eve</b></p>	

\*1 %Milk is offered at Breakfast and Lunch. This Institution is an equal opportunity provider