

**LUNCH MENU  
SUNDAY**

**MONDAY**

**ADULT DAY CARE CENTER OF HENDERSON  
TUESDAY WEDNESDAY THURSDAY**

**FRIDAY**

**OCTOBER 2024  
SATURDAY**



1) Broccoli Soup 6oz  
Hot Turkey 2oz  
Sandwich  
Cheese 1oz on  
WW bun 1-2oz  
Potato Fries 1/2c  
Sliced Peaches  
1/2c

2) Green Salad 1 cup  
Beef 3oz Stew w/  
veggies 1/2c  
Corn Bread 2.4oz  
Homemade  
Oatmeal Cookies  
**\*HOT COCOA DAY\***

3) Spinach Salad 1/2c  
Baked Bar-B-Q  
Chicken 3oz  
Rice Pilaf 1 cup  
Steam Broccoli 1/2c  
Orange Slices 1/2c

4) Veggie Soup 6oz  
Fish 3oz N-Chips  
1/2c  
Hush Puppies 1/2c  
Sliced Cinnamon  
Apples 1/2c  
Roll 1oz, Cracker 1oz

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6) WE ARE CLOSED  
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LAS VEGAS. Please  
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Mon-SAT.

7) Split Pea Soup 6oz  
Baked Fish 3oz w/  
Zest of Lemon  
Butter Noodles 1C  
Broccoli Spear 1/2c  
Oranges Slices 1/2c

8) Green Salad 1/2c  
Baked Chicken 3oz  
Mashed Potato 1/2c  
w/ Gravy 1oz  
Green Beans 1/2c  
Blueberries 1/2c  
Roll 1oz, Cracker 1oz

9) Chicken Noodle  
Soup 6oz  
Beef Teriyaki 3oz  
Stir Fry Veggies  
1/2c Over Bed of  
Rice 1 cup  
Orange Slices 1/2c

10) Lentil Soup 6oz  
Pulled Chicken 3oz  
Sandwich on  
WW Bread 2-1oz  
Crispy Coleslaw 1/2c  
Sliced Pears 1/2c  
**\*WARM APPLE DAY\***

11) Chicken Veggie  
Soup 6oz  
Grilled burger 3oz  
on ww bun 1-2oz  
lettuce&tomato 1/2c  
Potato Fries 1/2c  
Apricots 1/2c

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14) Broccoli Soup 6oz  
Fish Filet 3oz  
WW bread 2-1oz w/  
lettuce&tomato 1/2c  
Baked Zucchini Fries  
1/2c  
Honey Dew Melon 1/2c  
**\*OATMEAL BAR \***

15) Beef Veggie  
Soup 6oz  
Turkey 2oz  
chez 1oz  
WW Wrap 1-2oz w/  
lettuce&tomato 1/2c  
Sun Chips 1oz  
Apricots 1/2c

16) Green Salad 1/2c  
Beef Meatloaf 3oz  
Mashed Potato 1/2c  
Broccoli Spear 1/2c  
Orange Slices 1/2c  
Roll 1oz, Cracker 1oz  
**\*LEMONADE DAY\***

17) Crm Mushroom 6oz  
Chicken Breast 3oz  
WW Bun 1-2oz w/  
Lettuce&Tomato 1/2c  
Peas, Carrots &  
Cubed Potatoes 1/2c  
Yogurt w/  
Granola 1/2c

18) Chile Bean  
Soup 6oz  
Hamburger  
Steak 3oz  
Baked Potato 1/2c  
Green Salad 1/2c  
Orange Slices 1/2c  
Roll 1oz, Cracker 1oz

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21) Corn Chowder 6oz  
Soft Chicken 3oz Taco  
shell 1oz w/  
Lettuce&Tomato 1/2c  
Spanish Rice 1/2c  
Fruit cup 1/2c

22) Green Salad 1/2c  
Meatloaf 3oz  
Mashed Potato 1/2c  
Broccoli Spear 1/2c  
Orange Slices 1/2c  
Roll 1oz, Cracker 1oz

23) Multi Bean Soup 6oz  
Beef Sloppy Joes 3oz  
WW Bun 1-2oz  
Baked Zucchini Fries  
1/2c  
Cinn Peaches 1/2c  
**\*BIRTHDAY CAKE\***

24) Veggie Soup 6oz  
Chicken 2oz  
Cheez 1oz  
Pizza Crust 2oz  
Green Salad 1 Cup  
Apricots 1/2c

25) Chicken Veggie 6oz  
Philly Steak 3oz  
WW roll 1-2oz  
Potato Fries 1/2c  
Coleslaw 1/2c  
Cinn Apples 1/2c

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27) Reviewed by  
Gerl Lynn Grossan,  
RDN  
8-23-24

28) Tomato Soup 6oz  
Tuna 3oz Salad on  
Bed of lettuce w/  
tomato 1 Cup  
Italian Crusted Bread  
2-1oz  
Sliced Pineapple 1/2c

29) Veggie Soup 6oz  
Baked Chicken 3oz  
Roasted Potato 1/2c  
Green Beans 1/2c  
Sliced Pears 1/2c  
Roll 1oz, Cracker 1oz

30) Green Salad 1 cup  
Texas Turkey 3oz  
Chile w/ Beans 1/2c  
and veggies 1/2c  
Corn Bread Muffins  
2.4oz  
Sliced Pears 1/2c

31) Ghostly Broccoli 6oz  
Cheese 1oz burger 2oz  
Ww bun 1-2oz w/  
lettuce & tomato 1/2c  
Potato Fries 1/2c  
Eye Ball Fruit 1/2c  
**\*HALLOWEEN PARTY\***



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