



Alicia Broadous-Duncan Dining Center

August 2024 - Congregate Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	RIN MIYAMOTO DINING COORDINATOR SUGGESTED DONATION OF \$3.10 FOR THOSE 60 YEARS OLD AND OVER		1. Mushrooms Tuscan Bean Stew w/ Whole Grain Roll Roasted Cauliflower Spinach Salad w/Ranch Drsg *Orange Low fat Milk	2. Korean BBQ (Beef) Herbed Brown Rice Sauté Zucchini w/Sesame Seeds Broccoli Salad w/Sliced Radish Pineapple Low fat Milk
5. Savory Beef Stew Whole Grain Roll OR Bread Mashed Potatoes Roasted Brussels Sprouts *Orange Low fat Milk	6. Turkey Vegetable Stir Fry w/Lo Mein Noodles & Mixed Asian Blend Vegetables *Cabbage, Cucumber, & Radish Salad w/Sesame Dressing Poached Ginger Pear Low fat Milk	7. Chicken Cobb Salad Whole Grain Roll Mixed Salad Greens w/Shredded Carrots & Bell Pepper w/1000 Island Dressing Tomato & Cucumber Salad Fresh Seasonal Fruit Low fat Milk	8. *Orange Juice Turkey Bolognese w/Penne Whole Grain Roll Pasta Herbed Zucchini & Yellow Squash Caesar Salad w/Croutons & Caesar Dressing Fruit Cup (Apple & Melon) Low fat Milk	9. Fish & Chips Whole Grain Roll Roasted Sweet Potato Wedges *Coleslaw Fresh Peach OR Plum Tapioca Pudding (Optional) Low fat Milk
12. Southwest Chicken Bowl w/Beans Whole Grain Roll *Shredded Cabbage, Mixed Salad Greens & Radish w/Cilantro Drsg Corn Salad Fresh or U/S Peaches OR Melon Low fat Milk	13. Shepherd's Pie (Ground Beef) w/Mashed Potatoes Whole Grain Roll Carrots Mixed Salad Greens w/French *Kiwi Drsg Low fat Milk	14. Baked Fish Almandine Barley w/Herbs Green Beans w/Herbs Spinach Salad w/Kale, Bell Pepper, Cucumber & 1000 Drsg Yogurt Parfait w/Berries Low fat Milk	15. Cashew Chicken Brown Rice Green Peas Beet & Mandarin Orange Salad Fresh Fruit in Season Low fat Milk	16. Garden Vegetable Lasagna w/Zucchini & Mushrooms & Parmesan Cheese Broccoli Caesar Salad w/Caesar Dressing *Cantaloupe OR Orange Low fat Milk
19. *Orange Juice Open Face Hot Turkey Sandwich Whole Grain Bread Mashed Potatoes Green Beans Spinach Salad w/Shredded Cabbage & Dried Cranberries & Vinaigrette Dressing Low fat Milk FOOD BANK-ABD	20. Baked Pollock w/Lemon Sauce Whole Grain Roll OR Bread Mixed Vegetable Blend Broccoli Salad Cinnamon Applesauce Low fat Milk	21. BBQ Chicken Brown Rice Yam OR Sweet Potato Tri Color Coleslaw Peach OR Pear Low fat Milk	22. Turkey Caprese Salad Bowl Whole Grain Pita Bread Mesclun Salad Greens w/Cucumber, Tomato, & Garbanzo Beans w/Pesto Salad Dressing *Strawberries OR Cantaloupe Low fat Milk	23. Meatloaf (Beef) w/Gravy Whole Grain Roll Garlic Mashed Potatoes Roasted Brussels Spouts *Orange Low fat Milk
26. Chicken Adobo Brown Rice Green Peas Mesclun Salad w/Garbanzo Beans & Ranch Dressing *Pineapple & Mango Fruit Cup Low fat Milk	27. Turkey Milanese w/Linguine & Pesto Sauce Cauliflower & Zucchini Carrot Raisin Salad *Orange/Vanilla Yogurt Parfait Low fat Milk w/Granola	28. Salmon w/Dill Sauce Whole Grain Roll Green Beans Chopped Mixed Salad w/Spinach, Kale, Bell Pepper, & Italian Drsg Cinnamon Applesauce Low fat Milk	29. Asian Beef Stir Fry w/ Mixed Asian Vegetables Brown Rice Beet Salad *Cantaloupe OR Tangerine Low fat Milk	30. *Orange Juice Cheeseburger (Turkey) WG Hamburger Bun Macaroni Salad Broccoli Salad Tossed Green Salad w/Ranch Drsg Watermelon OR Strawberries Low fat Milk

Lunch served at 11:30 AM - please arrive early to secure your meal! MENU IS SUBJECT TO CHANGE WITHOUT NOTICE. *Vitamin C Source