

DC Office of Aging - Congregate Meal Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>03/02</b> *Western Beef Stew (4 oz.) *Egg Noodles (4 oz.) *Carrots (4 oz) *Green Salad (1 cup) *Whole Grain Roll (1) *Whole Orange (1) *8 oz. 1% Milk **Vegetarian Option** *Portobello & Veggie Stew	<b>03/03</b> *Pineapple Chicken (3 oz) *Coconut Brown Rice (4 oz) *Mixed Veggie Blend (4 oz) *Sliced Beets (1/2 cup) *Whole Grain Roll (1) *100% Fruit Juice (1) *Yogurt **Vegetarian option** *Vegan Pineapple Chicken	<b>03/04</b> *Smothered Pork Chop (1) *Mashed Potatoes (4 oz) *Roasted Brussel Sprouts (4 oz) *Diced Peaches (4 oz) *8 oz. Milk *Whole Grain Biscuit (2 oz) **Vegetarian Option** *Cheese Ravioli (1 cup) *Mashed Pot. Sub Yellow Squash	<b>03/05</b> *Oven Fried Chicken Tend.(2pc) *Macaroni & Cheese (4oz) *Black Eyed Peas (4 oz) *Green Salad (1 cup) *Whole Grain Dinner Roll (1) *8 oz. 1% Milk *Diced Pears (4 oz) **Vegetarian Option** *Chix Less Nuggets	<b>03/06</b> *Broiled Salmon (3 oz.) *Rice Pilaf (4 oz) *Spinach (4 oz) *Green Salad (1 cup) *Slice W.W. Bread (1 sl) *8 oz. 1% Milk *Diced Pears (4 oz) **Vegetarian Option *Ratatouille W/ White Beans
<b>03/09</b> *Tex Mex Chicken Chili w/ White Beans (8 oz.) *Green Beans (4 oz) *Green Salad (1 cup) *Biscuit (2 oz) *Pineapple Chunks (4oz) *8 oz. 1% Milk **Vegetarian Option** *Veggie & Bean Chili (6 oz)	<b>03/10</b> *Meat Lasagna (7 oz) *Yellow Squash (4 oz.) *Caesar Salad (1 cup) *Sl. Whole Grain Bread (1) *100% Fruit Juice (1) *Yogurt **Vegetarian option** *Veggie Lasagna (6 oz)	<b>03/11</b> *Chicken W/ Snow Peas (4oz) *Rice Pilaf (4 oz) *Garlic Spinach (4 oz) *Green Salad (1 Cup) *8 oz. 1% Milk *Whole Orange **Vegetarian Option** *Tofu & Broccoli Stir Fry	<b>03/12</b> *Meatloaf W/ Gravy (1) *Mashed Potatoes (4 oz) *Carrots (4 oz) *Breadstick (2 oz) *W.W. Bread (1 sl.) *Diced Pineapple (4oz) *8 oz. 1% Milk **Vegetarian Option** Veggie Burger W/ Veg. Gravy	<b>03/13</b> *Seafood Pasta Salad (6 oz) *White Bean Soup (6 oz) *Green Salad (1 cup) *Whole Wheat Crackers (2) *Whole Grain Roll (1) *Diced Pineapple (4oz) *8 oz. 1% Milk **Vegetarian Option** Lentil & Mushroom Salad
<b>03/16</b> *Jerk Chicken (1pc) *Oven Fried Okra (4 oz) *Sliced Carrots (4 oz) *Red Beans & Rice (4 oz) *Whole Grain Roll (1) *Sliced Peaches (4 oz) *8 oz. 1% Milk (1) **Vegetarian Option** *Jerk Chic Peas	<b>03/17</b> *Pulled Beef Barbecue (3oz) *Whip Sweet Potatoes (4 oz) *Green Beans (4 oz) *W.W. Sandwich Bun (2 oz) *100 % Fruit Juice *Yogurt **Vegetarian Option** Barbecued Tofu	<b>03/18</b> *Grilled Italian Turkey Sausage (3 oz) *Black Eyed Peas (4 oz) *Cole Slaw (4 oz) *W.W. Hot Dog Roll (2 oz) *Banana *8 oz. 1% Milk **Vegetarian Option** Smoked Apple & Sage Sausage.	<b>03/19</b> *Baked Rosemary Chicken (1) *Sautéed Baby Carrots *Wild Rice Pilaf (4 oz) *Sliced Beets (4 oz) *Whole Grain Roll (1pc) *8 oz. 1% Milk (1) *Banana (1) **Vegetarian Option** *Veggie & Cheese Quesadilla with Refried Beans	<b>03/20</b> *Tuna Salad (4 oz) *Lettuce & Tomato (1 ea) *Vegetable Soup (6 oz) *Marinated Tomato Sal. (4 oz) *W.W. Bread (2 slices) *100% Fruit Juice *Yogurt (1) **Vegetarian Option** Egg Salad *Falafel And Pita Sandwich
<b>03/23</b> *Salisbury Steak W/ Gravy (1) *Red Quinoa, Spinach & Potato Hash (4 oz) *Baby Carrots (1/2 Cup) *Broccoli (4 oz.) *Whole Apple *Whole Grain Dinner Roll (1) *8 oz. 1% Milk **Vegetarian Option** Spaghetti Squash Lasagna	<b>03/24</b> *Curry Chicken (1 pc) *Wild Rice Pilaf (4 oz) *Steamed Zucchini (6 oz) *Cauliflower (4 oz) *Whole Grain Roll (1) *100% Fruit Juice (1) *Yogurt **Vegetarian Option** *Curry Tofu (4 oz.)	<b>03/25</b> *Beef & Rice Stuffed Pepper (1) *Yellow Squash (4 oz) *Italian Vegetable Blend (4 oz) *Cornbread (2oz) *Fruit Cocktail *8 oz. 1% Milk **Vegetarian Option** *Lentil & Veggie Stuffed Pepper	<b>03/26</b> *Hunters Chicken W/ Tomato Mush. & Thyme Sauce (4oz) *Mashed Potatoes (4 oz) *Carrots (4 oz) *Biscuit (2 oz) *Diced Mango (1/2 cup) *8 oz. 1% Milk **Vegetarian Option** *Spinach & Feta Croiss. (1)	<b>03/27</b> *Blackened Fish Filet *White Bean Soup (6 oz) *Sliced Beets (4 oz) *W.W. Bun (2 oz.) *100% Fruit Juice *Yogurt (1) **Vegetarian Option** *Lentil Salad (3 oz.)
<b>03/30</b> *Lemon Caper Chicken (1) *Rice Pilaf (1 cup) *Carrots (4 oz) *Green Salad (1cup) *Orange *8 oz. 1% Milk *Whole Grain Roll (1) **Vegetarian Option** *Vegan Lemon Caper Chicken	<b>03/31</b> *Beef Stroganoff (6 oz) *Noodles W/ Parsley(4 oz) *Green Beans (4 oz) *Caesar Salad (1 cup) *Whole Grain Roll (1) *100% Fruit Juice (6 oz) *Yogurt **Vegetarian Option** *Veggie Stuffed Portabella	<b>04/01</b> *Pesto Chicken (3 oz.) *Fettucine Alfredo (4 oz) *Garlic Spinach (4 oz) *Green Salad (1 cup) *Whole Grain Roll (1) *Whole Orange *8 oz. 1% Milk **Vegetarian Option** *Veggie Pesto Fettucine Alfredo With Vegan Grilled Chicken (1)	<b>04/02</b> *Western Omelets (1) *Home fried Potatoes (4 oz.) *Collard Greens (4 oz) *Biscuit (2 oz) *Diced Pears *8 oz. 1% Milk **Vegetarian option** **Cheese Omelets	<b>04/03</b> *Oven Fried Pollack (1 pc) *Baked Beans (4 oz) *Kale (4 oz) *Wheat Bun (2 oz) *100% Fruit Juice *Yogurt (1) **Vegetarian Option** *Tofu & Black Bean Sauce Sub White Rice For the Baked Beans on Veggie Meals
<b>04/06</b> *Roast Turkey Sand. (3 oz.) *W.W. Bread (2 sl.) *Lettuce & Tomato (1 ea) *Veg. Barley Soup (6 oz.) *3 Bean Salad (4 oz.) *Diced Pears (4oz) *8 oz. 1% Milk (1) **Vegetarian Option** **Falafel & Pita Sandwich	<b>04/07</b> *Mediterranean Chicken (1) *Green Salad (1 cup) *Brown Rice (4 oz) *Green Peas (4 oz) *Whole Grain Roll (1) *100% Fruit Juice (6 oz) *Yogurt **Vegetarian Option** **Vegan Chicken Breast	<b>04/08</b> *Italian Meatballs (3 oz.) *Spaghetti W/ Sauce (4 oz) *Italian Blend Veggies (4 oz) *Green Salad (1 cup) *Whole Grain Roll (1) *Sliced Peaches (4 oz) *8 oz. 1% Milk **Vegetarian Option** *Rotini & Ricotta W/ Marinara (8oz)	<b>04/09</b> *Chicken Fajitas (4 oz) *Flour Tortilla (2) *Green Salad (1 cup) *Spanish Rice (1/2 cup) *Refried Beans (2 oz) *Stewed Tomatoes (1/2 cup) *Diced Pineapple (4oz) *8 oz. 1% Milk **Vegetarian Option** Portobello And Tofu Fajitas	<b>04/10</b> *Seafood Pasta Salad (6 oz) *White Bean Soup (6 oz) *Green Salad (1 cup) *Whole Wheat Crackers (2) *Whole Grain Roll (1) *100% Fruit Juice *Yogurt (1) **Vegetarian Option** Pasta Primavera W/ Vegan Chicken Breast

For Special Dietary Concerns (IE: Gluten Free, Pureed, etc.) please contact us. Thank you