

# FAIRFAX CONGREGATE SENIOR CENTERS –AUGUST MENU 2025

(CHEF SALAD AND FRUIT PLATE ALWAYS AVAILABLE)

|            | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|------------|--|--|--|---|---|
| Hot Lunch  |  |  |  |   | <b>1</b><br>Yangs Orange Chicken<br>WG Rice<br>Broccoli<br>Edamame<br>Mixed Fruit Cup<br>Milk<br><i>Veg: Vegan Chicken</i>  |
| Cold Lunch |  |  |  |   | Cobb Salad<br>WG Corn Muffin<br>Mixed Greens Lettuce w Red wine vinaigrette (in salad)<br>Cherry Tomato & Cuke (in salad)<br>Orange in Wedges<br>Milk<br><i>Veg: cheese, eggs</i> |
| Hot Lunch  | <b>4</b><br>Chicken Spaghetti<br>Lima Beans<br>Spinach<br>Pineapple<br>Milk<br><br><i>Veg: Vegan Nuggets<br/>Chicken Spag</i>        | <b>5</b><br>Stuffed pepper (ground beef, WG Rice, 1 whole pepper)<br>WG Biscuit w/ Butter<br>Carrots<br>Fresh Peach<br>Milk<br><br><i>Veg: Soy Protein in Pepper</i> | <b>6</b><br>Hawaiian Chicken Coconut Rice<br>WG Pita<br>Edamame<br>Green Beans<br>Watermelon<br>Milk<br><br><i>Veg: Vegan Nuggets<br/>Coconut Rice</i> | <b>7</b><br>Swedish Meatballs (beef)<br>Egg Noodles<br>WW Dinner Roll Butter<br>Broccoli<br>Summer squash<br>Fruit Salad<br>Milk<br><br><i>Veg: Veggies Meatballs</i> | <b>8</b><br>Baked Cajun Fish<br>Mushroom Rice Pilaf WG<br>Collard Greens<br>Stewed tomatoes<br>Strawberries<br>Milk<br><br><i>Veg: Meatless Fish Patty</i>                        |
| Cold Lunch | Taco Salad w Southwest Ranch<br>Black beans<br>Lettuce and tomato mix<br>Baked Chips<br>Mango<br>Milk<br><br><i>Veg: Black Beans</i> | Greek Salad<br>Chicken Strips<br>WG Soft Pita<br>Romaine Lettuce<br>Hummus<br>Apple Slices<br>Milk<br><br><i>Veg: chicx strips</i>                                   | Tuna Salad<br>WG Bun<br>Southwest Corn Salad<br>Coleslaw Vinaigrette<br>Cantaloupe<br>Milk<br><br><i>Veg: Vegan chicken salad</i>                      | Yogurt<br>String Cheese<br>WG English Muffin<br>Cucumber Salad<br>Banana<br>Fresh Fruit Salad<br>Milk<br><br><i>Veg: Same</i>   | Spinach Strawberry Feta Salad<br>Chicken Breast<br>WG Roll<br>Beet Salad<br>Honeydew<br>Milk<br><br><i>Veg: Chicx Strips</i>  |

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|-------------------|--|--|--|--|---|
| <b>Hot Lunch</b>  | <b>11</b><br>Chicken and Waffles (WG waffle, chicken tender)<br>Honey Roasted <b>Carrots</b><br>Breakfast Hashbrowns<br>Blueberries<br>Milk<br><br><i>Veg: Chix Strips</i> | <b>12</b><br>Spaghetti & Meat Sauce<br><b>Broccoli</b><br>Sauteed Summer Squash<br>Tangerine<br>WG Roll w/ butter<br>Milk<br><br><i>Veg: Spaghetti w/ Cheese</i> | <b>13</b><br>Oven Fried Chicken Legs<br>WG Biscuit w/ butter<br>Mashed sweet potatoes<br>4 way vegetable mix<br>Watermelon<br>Milk<br><br><i>Veg: Vegan Nuggets</i>  | <b>14</b><br>Grilled Pollock<br>WG Bun<br>Green Beans w Red Peppers<br>Lima Beans<br>Tropical mix<br>Milk<br><br><i>Veg: Vegan fish</i>                          | <b>15</b><br>3 oz Hamburger Patty w/<br>Lettuce, Tomato, Onion<br>Ketchup/Mustard/Mayo<br>1 WG Bun 2 oz<br>½ c Baked beans<br>½ c Cheesy Broccoli<br>¾ c Blueberry cobbler<br>1 c Milk<br><br><i>Veg: Veggie Burger w/ Lettuce, Tomato, and Onion</i> |
| <b>Cold Lunch</b> | <b>Tropical Bean Salad</b><br>WW Bread Butter<br>Lettuce<br>Tropical Fruit Salad<br>Milk<br><br><i>Veg: Same</i>   | Asian Chop Salad w/ Chicken<br>WW Nan Bread<br>Applesauce<br>Milk<br><br><i>Veg Same w. chick strips</i>   | Beef Teriyaki Wrap<br>WG Wrap<br>Asian <b>Bean Salad</b><br>Grapes<br>Milk<br><br><i>Veg: beefless strips</i>  | Egg Salad<br>WG Roll<br>Marinated Vegetable Salad<br>Cucumber Salad<br>Cantaloupe<br>Milk<br><br><i>Veg: Same</i>  | Pesto Pasta Salad ( <b>tomatoes</b> )<br>Grain<br>Chicken<br>Field Greens w Italian<br>Yogurt parfait<br>Carrot raisin salad<br>Milk<br><br><i>Vegetarian: Cheese</i>   |
| <b>Hot Lunch</b>  | <b>18</b><br>Chicken Tikka Masla<br>Basmati Rice<br><b>Sauteed Spinach</b><br>Ginger Cauliflower<br>Mandarin <b>Orange</b><br>Milk<br><br><i>Veg: Chickpea marsala</i>     | <b>19</b><br>Meatloaf w/Gravy<br>Cornbread<br><b>Broccoli</b><br>Scalloped Potatoes<br>Banana<br>Milk<br><br><i>Veg: Vegan Beef Strips</i>                       | <b>20</b><br>Chicken Spinach Alfredo<br>Bake<br>WG Biscuit w Butter<br>Roasted beets<br>Italian Vegetables<br>Strawberries<br>Milk<br><br><i>Veg: Chix strips</i>  | <b>21</b><br>Vegetarian Lasagna<br>Garlic Bread<br>Broccoli & Cauliflower<br>Cannellini bean<br><b>Tangerine</b><br>Milk<br><br><i>Veg: Same</i>                 | <b>22</b><br>Oven Roasted Haddock<br>WG Quinoa<br>Dinner Roll w Butter<br><b>Baked Beans</b><br>Kale<br>Cherries<br>Milk<br><br><i>Veg: Vegan Fish Patty</i>  |
| <b>Cold Lunch</b> | Chef Salad<br>WG Corn Muffin w butter<br>Mixed Greens Lettuce w Herb<br>Vinaigrette<br>Cherry Tomato & Cuke<br>Apple Slices<br>Milk<br><br><i>Veg: Cheese, eggs</i>        | Pasta Salad<br>WW Roll w butter<br>Red & Green Pepper strips w<br>Italian<br><b>Red Bean Salad</b><br>Grapes<br>Milk<br><br><i>Veg: Egg Salad</i>                | Turkey Mayo<br>Roll<br>Tomato and lettuce garnish<br>Romaine w/ Caesar Dressing<br><b>Mediterranean Chickpea Salad</b><br>Watermelon, Milk<br><i>Veg: Fresh Mozzarella, Cucumbers, Tomato &amp; Balsamic Vinaigrette</i> | Mild Buffalo Ranch Chicken<br>Salad<br>WW Bread<br>Spinach Salad w Balsamic<br>Vinaigrette<br>Beet Salad<br>Honeydew<br>Milk<br><br><i>Veg: Hummus Provolone</i> | Cottage Cheese<br>String Cheese<br>WG English Muffin<br>Field Salad w/ Ranch<br>Tomato Balsamic Salad<br>Mango<br>Milk<br><br><i>Veg: Same</i>  |

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|------------|--|---|---|--|--|
|            | 25   | 26  | 27  | 28   | 29   |
| Hot Lunch  | Chinese Style Vegetables w/<br>Teriyaki Salmon<br>Brown Rice<br><b>Sautéed Spinach</b><br><b>Edamame</b><br>Orange Wedges<br>Milk<br><br><i>Veg: Teriyaki Tofu</i> | Oven Fried Chicken Legs<br>WG Corn Muffin w Butter<br><b>Kale</b><br><b>Creole Style Black Eyed Peas</b><br>Cherry Cobbler<br>Milk<br><br><i>Veg: Chicks Strips</i> | Cheesy Italian Rice and<br>Meatball<br>WG Roll w Butter<br>Sautéed Squash<br>Corn<br>Watermelon<br>Milk<br><br><i>Veg: Added beans, soy meatballs</i> | Chicken in Orange Sauce<br>WG Rice<br>Stir Fry Vegetables (Broccoli,<br>Green beans, Mushrooms,<br>peppers)<br>Cauliflower<br>Berries<br>Milk<br><br><i>Veg: Chix strips in orange sauce</i> | Macaroni & Cheese<br>Vegetarian Baked Beans<br><b>Cucumber Salad</b><br><b>Stewed Tomatoes</b><br>Grapes<br>Milk<br><br><i>Veg: Same</i> |
| Cold Lunch | Cranberry Chicken Salad<br>WG Crackers<br>Cucumber Salad<br>Coleslaw<br>Grapes<br>Milk<br><br><i>Veg: Chicks Strips</i>  | Powerhouse Wrap<br><i>(Black Beans, WW Tortilla)</i><br>Tossed Green Salad w Italian<br>Broccoli Salad<br><b>Mango</b><br>Milk<br><br><i>Veg: Same</i>              | Tuna Salad Sandwich<br>Slices WG Bread<br>Cole Slaw Vinaigrette<br>Italian Tomato Salad<br>Banana<br>Milk<br><br><i>Veg: Same w/ cheese</i>           | Turkey, Cheese<br>WW Bread<br>Lettuce, Tomato mayo<br>Zucchini salad<br><b>Black Bean Salad</b><br>Watermelon<br>Milk<br><br><i>Veg: Egg Salad or: Cucumber, Hummus &amp; Provolone</i>      | Grilled Chicken Mayo<br>WW Bun<br>Carrot Raisin Salad<br>Field salad w/ ranch<br><b>Orange</b><br>Milk<br><br><i>Veg: Cheese</i>         |