


FAIRFAX CONGREGATE SENIOR CENTERS – JULY MENU 2025

(CHEF SALAD AND FRUIT PLATE ALWAYS AVAILABLE)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Lunch		1 Spaghetti & Meat Sauce Broccoli Sautéed Summer Squash Tangerine WG Roll w/ butter Milk <i>Spaghetti w/ Cheese</i>	2 Oven Fried Chicken Legs WG Biscuit w/ butter Mashed sweet potatoes 4-way vegetable mix Watermelon Milk <i>Vegan Nuggets</i>	3 3 oz Hamburger Patty w/ Lettuce, Tomato, Onion Ketchup/Mustard/Mayo 1 WG Bun 2 oz ½ c Baked beans ½ c Cheesy Broccoli ¾ c Blueberry cobbler 1 c Milk <i>Veg: Veggie Burger w/ Lettuce, Tomato, and Onion</i>	4 
Cold Lunch		Asian Chop Salad w/ Chicken WW Nan Bread Applesauce Milk <i>Same w. chick strips</i>	Beef Teriyaki Wrap WG Wrap Asian Bean Salad Grapes Milk <i>beefless strips</i>	Egg Salad/WG Roll Marinated Vegetable Salad Cucumber Salad Cantaloupe Milk <i>Same</i>	
Hot Lunch	7 Chicken Tikka Masla Basmati Rice Sauteed Spinach Ginger Cauliflower Mandarin Orange Milk <i>Chickpea marsala</i>	8 Meatloaf w/ Gravy Cornbread Broccoli Scalloped Potatoes Banana Milk <i>Vegan Beef Strips</i>	9 Chicken Spinach Alfredo Bake WG Biscuit w Butter Roasted beets Italian Vegetables Strawberries Milk <i>Chix strips</i>	10 Oven Roasted Haddock WG Quinoa Dinner Roll w Butter Baked Beans/Kale Cherries Milk <i>Veg: Vegan Fish Patty</i>	11 Vegetarian Lasagna Garlic Bread Broccoli & Cauliflower Cannellini bean Tangerine Milk <i>Veg: Same</i>
Cold Lunch	Chef Salad Protein /Swiss Cheese,/Roast Beef/Egg wedged WG Corn Muffin w butter Mixed Greens Lettuce w Herb Vinaigrette Cherry Tomato & Cuke Apple Slices Milk <i>Cheese,/ eggs</i>	Pasta Salad <i>Turkey bacon/ cheddar cubes,</i> WW Roll w butter Red & Green Pepper strips w Italian Red Bean Salad Grapes Milk <i>Egg Salad</i>	Turkey Mayo Roll/Tomato and lettuce garnish Romaine with Caesar Dressing Mediterranean Chickpea Salad Watermelon Milk <i>Fresh Mozzarella, Cucumbers, Tomato & Balsamic Vinaigrette</i>	Cottage Cheese String Cheese WG English Muffin Field Salad w/ Ranch Tomato Balsamic Salad Mango 1 Milk <i>Same</i>	Mild Buffalo Ranch Chicken Salad WW Bread Spinach Salad w Balsamic Vinaigrette Beet Salad Honeydew Milk <i>Hummus 1 oz Provolone</i>

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	14	15	16	17	18
Hot Lunch	Chinese Style Vegetables w/ Teriyaki Salmon Brown Rice Sautéed Spinach Edamame Orange Wedges Milk <i>Teriyaki Tofu</i>	Oven Fried Chicken Legs WG Corn Muffin w Butter Kale Creole Style Black Eyed Peas Cherry Cobbler Milk <i>Chicks Strips</i>	Cheesy Italian Rice and Meatball WG Roll w Butter Sautéed Squash Corn Watermelon Milk <i>cup added beans, soy</i>	Chicken in Orange Sauce WG Rice Stir Fry Vegetables (Broccoli, Green beans, Mushrooms, peppers) /Cauliflower Berries 1 c Milk <i>chix strips in orange sauce</i>	Macaroni & Cheese Vegetarian Baked Beans Cucumber Salad Stewed Tomatoes Grapes Milk <i>Same</i>
Cold Lunch	Cranberry Chicken Salad WG Crackers Asian Cucumber Salad Coleslaw Grapes Milk <i>Chicks Strips</i>	Powerhouse Wrap Tossed Green Salad w Italian Broccoli Salad Mango Milk <i>Same</i>	Chicken Salad Slices WG Bread Cole Slaw Vinaigrette Italian Tomato Salad Banana Milk <i>Same w/ cheese</i>	Turkey/Cheese WW Bread /Lettuce /Tomato mayo/Zucchini salad Black Bean Salad Watermelon Milk <i>Egg Salad or /Cucumber, Hummus & Provolone</i>	Grilled Chicken Mayo WW Bun Carrot Raisin Salad Field salad w/ ranch Orange Milk <i>Cheese</i>
	21	22	23	24	25
Hot Lunch	Korean Beef Over Jasmine Rice Jasmine Rice WG Roll w/ butter Garlic Seasoned Green Beans Mango Milk <i>Korean Soy Beef over WG Rice</i>	Salisbury Steak w/ mushroom gravy WG Roll w.Butter Smashed Red Potatoes Catalina Vegetables Clementine Milk <i>vegetarian patty</i>	Yangs Teriyaki Chicken WG Asian noodle Edamame Pears Carrots Milk <i>Chicken Strips Veg</i>	Grilled Pollock Fish w/ Tarter Sauce WG Roll Sweet potato Steamed garlic Kale Banana Milk <i>Vegan Fish Patty</i>	Ground Turkey Spanish Rice String Cheese Black beans Peach Cobbler Milk <i>Veg: 2 cups black beans Spanish rice</i>
Cold Lunch	Roasted Vegetable Pasta Salad w/ ranch dressing /Fresh Mozzarella Tortilla Chips/ Mediterranean Chickpea Salad Pineapple Milk <i>Same</i>	Egg Salad WW Bread Spinach Salad w Italian Dressing Beet Salad Banana Milk <i>Hummus /Provolone</i>	Beef Kale Caesar Wrap WG Wrap Potato Salad Fruited Jello Salad Milk <i>Veg: Chix strips</i>	Taco Salad w/ Southwest Ranch Dressing Baked chips Mango <i>Same w/ black beans, cheese</i>	Chicken Gyro 1 oz Hummus Cucumber salad Fresh fruit cup Milk <i>Chix Strips (idea falafel)</i>

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Hot Lunch	28	29	30	31					
	Chicken Carnitas Sorghum Burrito Bowl Pita Bread Elotes Pears Milk <i>Bean Sorghum Burrito Bowl</i>	Cod Filet WG Noodles w/ butter Creamed Spinach Carrots Oranges Milk <i>Vegan Fish</i>	Korean Beef over Quinoa WG Roll w Butter Broccoli Sweet Potato Watermelon Milk <i>Vegan Beef</i>	Turkey Burger w/ LTO WG Bun Snap Peas Zucchini Pineapple Milk <i>Black Bean Burger</i>					
Cold Lunch									
	Tuna Salad WW Bagel Kale Salad w Balsamic Vinaigrette Bean salad Apple Slices Milk <i>Hummus/Provolone</i>	Chicken Caesar Salad Chicken strips WG Roll Caesar Salad w Romaine Carrot raisin salad Fresh Fruit Salad Milk <i>chicx strips</i>	Yogurt String Cheese WG Blueberry Muffin Chickpea salad Field Greens Salad w Italian Banana Milk <i>Same</i>	Whole Chicken Wrap Lettuce /Tomato /mayo Pickled Beets Waldorf Salad Milk <i>Hummus/Provolone</i>					