

# VDA CONGREGATE SENIOR CENTER – JUNE MENU 2025

(CHEF SALAD AND FRUIT PLATE ALWAYS AVAILABLE)

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Hot Lunch	2	3	4	5	6	7	8	9	10
	Yangs Teriyaki Chicken WG Rice Garlic Mushrooms Pears Carrots Milk  <b>Chicken Strips Veg</b>								
Cold Lunch	3	4	5	6	7	8	9	10	11
	Spinach Strawberry Salad w Balsamic Vinaigrette WG roll w/ Butter Cucumbers Carrot raisin salad Milk <b>Same w/ Chix Strips</b>								
Hot Lunch	9	10	11	12	13	14	15	16	17
	Chicken in Orange Sauce Yangs / WG Rice Bok Choy Cauliflower Pineapple Milk <b>chix strips in orange sauce</b>								
Cold Lunch	10	11	12	13	14	15	16	17	18
	Egg Salad WW Bread Spinach Salad w Italian Dressing Beet Salad Banana Milk <b>same</b>								


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Hot Lunch	16	17	18	19	20	21	22	23	24
	BBQ Pulled Chicken <b>WG</b> Bun <b>Cabbage</b> <b>Roasted Potatoes</b> Waldorf Salad Milk <b>chix strips</b>								
Cold Lunch	16	17	18	19	20	21	22	23	24
	1 Powerhouse Wrap <b>Black Beans</b> / <b>WW</b> Tortilla Celery & Parsley Salad Creamy Dill Cucumber Salad <b>Melon</b> Milk								
Hot Lunch	23	24	25	26	27	28	29	30	1
	Korean Beef over Quinoa <b>Quinoa/beef</b> <b>WG</b> Roll w Butter <b>Broccoli</b> <b>Sweet Potato</b> <b>Pineapple</b> Milk <b>Vegan Beef</b>								
Cold Lunch	23	24	25	26	27	28	29	30	1
	Egg Salad <b>WG</b> Roll Marinated Vegetable Salad <b>Cucumber Salad</b> <b>Grapes</b> Milk <b>Same</b>								

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MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Lunch	30				
	Chicken & Gravy Stuffing Carrots Mushrooms <b>Pear</b> Milk <b>Vegetarian Patty</b>				
Cold Lunch	Kale/Spinach Salad <b>Spinach/Kale</b> Herb Vinaigrette Sliced Turkey mayo <b>WG</b> Roll Banana Milk <b>cheese, eggs</b>				