

VDA CONGREGATE SENIOR CENTER – JUNE MENU 2025

(CHEF SALAD AND FRUIT PLATE ALWAYS AVAILABLE)

	· · · · · · · · · · · · · · · · · · ·			WEDNESDAY	THURSDAY	FRIDAY
H			TUESDAY			
	Hot Lunch	Yangs Teriyaki Chicken WG Rice Garlic Mushrooms Pears Carrots Milk	Breaded pollock WG Roll w/ butter Sweet potato Apple Crisp Field Greens w/ Balsamic Dressing Milk	Cheesy Bean Burrito Refried Beans WG Mexican Rice Corn Grapes Milk	Oven Fried Chicken Legs WG Corn Muffin w Butter Steamed Collards Four way veg (carrot, pea, lima) Cherry Cobbler Milk	Meatloaf (beef) WG Biscuit Mashed Potatoes Creamed Spinach Watermelon Milk
ı		Chicken Strips Veg	Veg: 3 Vegan Fish Patty	Veg: Same	Veg: 3 oz Chicks Tenders	Veg: 3 oz soy beef strips
	Cold Lunch	Spinach Strawberry Salad w Balsamic Vinaigrette WG roll w/ Butter Cucumbers Carrot raisin salad Milk Same w/ Chix Strips	Grilled Chicken Mayo WW Bun Red & Green Pepper Strips Mixed Bean Salad Banana Milk Chix patty	Pesto Pasta Salad chicken Field Greens w Italian Berry Salad Fresh zucchini w/ Ranch Milk Veg: Same w/ 3 oz cheese	Taco Salad romaine /Baked Tostitos WG Tortilla Ground Beef Shredded Cheese Marinated Black Bean Salad Peaches Milk Same sub Black Beans	Roast Beef /Cheese WW Bread/mayo Cole Slaw Italian Tomato Salad Fresh Fruit Salad Milk Black Bean Powerhouse
ı		9	10	11	12	13
	Hot Lunch	Chicken in Orange Sauce Yangs / WG Rice Bok Choy Cauliflower Pineapple Milk chix strips in orange sauce	Bombay Coconut Meatball Bowl Squash Peas Pear Milk Vegan Beef	Chicken Pasta Bake with White Sauce/WG Roll Steamed Kale Mushrooms Pear Milk Chix Strips	Cod Filet WG Wild Rice Creamed Spinach Stewed tomatoes Mango Milk Vegan Fish Patty (3 count)	Oven "Fried" Chicken Legs WG Corn Muffin w Butter Steamed Collards Baked Beans Cherry Cobbler Milk Chix Strips
	Cold Lunch	Egg Salad WW Bread Spinach Salad w Italian Dressing Beet Salad Banana Milk same	Thai Chili and Garlic Walnut Whole Grain Noodle Salad String Cheese Edamame Orange Milk Veg: 3 oz Chix Strips	Turkey Breast / Cheddar Cheese WG Wrap Black bean and corn salad Coleslaw Peaches Milk cheese or cheese hummus	Chicken Gyro Hummus Greek salad Fruit Salad Milk Chix Strips	Chef Salad Protein/Swiss Cheese/Roast Beef /Egg wedged/WG Corn Muffin /Mixed Greens Lettuce w Herb Vinaigrette/Cherry Tomato & Cuke Orange in Wedges Cheese/eggs



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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	Hot Lunch	BBQ Pulled Chicken WG Bun Cabbage Roasted Potatoes Waldorf Salad Milk chix strips	Salisbury Steak w/ mushroom gravy/WG roll w/ butter Mashed Potatoes Catalina Vegetables Clementine Milk vegetarian patty	Grilled Chicken WG Fetuccini Alfredo Broccoli Italian Blend zucchini, carrots, cauliflower, lima beans, green beans Fruit Cocktail Milk Vegan Chicken	Spaghetti & Meat Sauce Garlic Mushrooms Pears Broccoli WG Roll w/ Butter Milk Spaghetti w/Cheese	Yangs Lemongrass Chicken Quinoa WG Roasted Carrots Edamame Apricots Milk Chix Strips Vegan
	Cold Lunch	1 Powerhouse Wrap Black Beans/WW Tortilla Celery & Parsley Salad Creamy Dill Cucumber Salad Melon Milk	Chicken Caesar Salad Chicken strips/WG Roll Caesar Salad field greens salad/Carrot pineapple salad Fresh Fruit Salad Milk	Fresh Mozzarella Pita Bread Vegetable Bruschetta Field Greens w/ Ranch Berries Milk	Chicken Salad WW Bread Spinach Salad w Balsamic Vinaigrette Beet Salad Strawberries Milk	Tuna salad sandwich WG bun lettuce, tomato Mediterranean Chickpea Salad Banana Milk
	Hot Lunch	Korean Beef over Quinoa Quinoa/beef WG Roll w Butter Broccoli Sweet Potato Pineapple Milk Vegan Beef	Chicken and Waffles chicken tender WG Waffle w/ syrup Steamed Spinach Peas Blueberries & Strawberries Milk Vegan Chicken	Barbacoa Beef Street Tacos WG Tortillas cheddar shredded cheese pico de gallo Refried Beans Tropical Fruit Salad Milk Veg: black bean tacos	Oven Fried Chicken Legs 3 oz WG Biscuit w Butter Roasted Cauliflower Black Eyed Peas Honeydew Milk Vegan Nuggets	Breaded Pollock WG Wild Rice WG roll w/ butter Steamed garlic Kale Coleslaw Pineapple Milk Veg: - Vegan Fish Patty
	Cold Lunch	Egg Salad WG Roll Marinated Vegetable Salad Cucumber Salad Grapes Milk Same	Beef Kale Caesar Wrap WG Wrap Potato Salad Fruited Jello Salad Milk chix strips	Spinach Strawberry Feta Salad Chicken WG Roll w/butter Mango Milk Chicx Strips	Grilled Chicken w Mayo MG Sprouted Bread Lettuce /Tomato Potato Salad Watermelon Milk Powerhouse Wrap	Roasted Vegetable Pasta Salad w/ ranch Fresh Mozzarella Tortilla Chips Mediterranean Chickpea Salad Banana Milk Same



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