

**FAIRFAX CONGREGATE SENIOR CENTERS**  
**APRIL MENU 2026**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HOT LUNCH</b>			<b>1</b> Chili con Carne with bean ( <i>Meat &amp; Meat Alternate</i> ) <b>WG</b> Corn Muffin w/ Margarine <b>Kidney Beans</b> Baked Potato Tropical Fruit Salad (Guava, Pineapple) Milk  <i>Veg.: Vegetarian Chili</i>	<b>2</b> Baked Salmon w/ Sesame Ginger <b>WG</b> Fried Rice (3oz) Chow-Chow Cole Slaw Green Beans Strawberries Milk  <i>MOW Veg: Same</i> <i>Cong Veg: Vegetarian Lasagna.</i>	<b>3</b> Lentil Soup <i>MA (Lentils) and vegetable (Peas &amp; Carrots, Onion)</i> <b>WG</b> Triscuit type Cracker <b>Carrots</b> <b>Field Green Salad</b> Ranch Pears Milk  <i>Veg.: Same</i>
			<b>COLD LUNCH</b>	Grilled Chicken Mayo <b>WW</b> Bun Med <b>Chickpea</b> Salad Cucumber Salad Orange Milk  <i>Veg.: Egg Salad</i>	Cold Cuts & Cheese Mustard w/ Lettuce, Tomato, Mustard <b>WG</b> Flatbread Beet Salad Potato Salad Melon Salad ( <b>Cantaloupe</b> , Honeydew) Milk  <i>Veg.: Fresh Mozzarella, Cucumbers, Lett. &amp; Tom. &amp; Balsamic Vinaigrette</i>
<b>HOT LUNCH</b>	<b>6</b> Chicken Supreme <b>WG</b> Noodles 2.5 oz Zucchini <b>Butter Beans</b> Pineapple Milk  <i>Veg.: Chickless Patty</i>	<b>7</b> Meatloaf & Gravy, <i>m/ma</i> <b>WG</b> Roll <b>Collard Greens</b> Whipped Potatoes <b>Clementine</b> Milk  <i>Veg.: Vegetarian Black Bean Burger*w Ketchup</i>	<b>8</b> Chicken Breast w/ stuffing <b>WG</b> Wheat Roll (2 oz) <b>Lima Beans</b> Glazed <b>Carrots</b> Apple Slices (4-6) Milk  <i>Veg.: Chickenless Nuggets* w Ketchup</i>	<b>9</b> Swiss Mushroom Burger ( <i>mushroom on side</i> ) <i>Lettuce &amp; Tomato / Ketchup</i> <b>WG</b> Bun Mushrooms Green Beans Melon Salad Milk  <i>Veg.: Black Bean Burger</i>	<b>10</b> Rosemary Chicken Breast <b>WG</b> Rice (3oz) <b>WG</b> Roll w butter <b>Broccoli</b> Summer Squash Blueberry Cobbler Milk  <i>Veg.: Chixless Patty</i>
	<b>COLD LUNCH</b>	Sliced Chicken Mayo w/ Lettuce & Tomato <b>WG</b> Roll, w/ butter Carrot & Raisin Salad German Potato Salad Banana Milk  <i>Veg.: Fresh Mozzarella, Cucumbers, Lett. &amp; Tom. &amp; Balsamic Vinaigrette</i>	Fruited Yogurt, String Cheese <b>WG</b> Blueberry Muffin Zucchini <b>Tomato</b> Salad Honeydew <b>Peaches</b> Milk  <i>Veg.: Same</i>	Tuna Salad <b>WW</b> Roll w/ butter <b>Field Greens</b> w Italian Fruit Salad Tropical <b>Bean Salad</b> Milk  <i>Veg.: Same</i>	Taco Salad <i>Ground Beef 1 oz Cheese,</i> Baked Tortilla Chips <b>Black Beans</b> Pico De Gallo (Onion, <b>Tomato</b> , Green Peppers, <b>Cilantro</b> ) Romaine Salad Fresh Fruit (Strawberries) Milk <i>Veg.: Soy taco meat</i>

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<b>HOT LUNCH</b>	<b>13</b> Beef Stew <b>WG</b> Pita Carrots, potatoes Cannellini Beans Hot Cherry Crisp Milk  <i>Veg.: Soy Protein Stew</i>	<b>14</b> Oven Baked Chicken Leg Stuffing 1 oz <b>WG</b> Roll w/ Margarine Collard Greens Butter Squash Peach Milk  <i>Veg.: Chix strips</i>	<b>15</b> Vegetarian Lasagna Cheese <b>WG</b> noodles 2.5 oz Garlic Breadstick ½ c Zucchini Mixed Greens Salad w Italian Orange in Wedges Milk  <i>Veg.: Same</i>	<b>16</b> Honey Ginger Chicken <b>WG</b> Nan Spring Peas Cauliflower Apple (1) Milk  <i>Veg.: Chix strips</i>	<b>17</b> Baked Cod Ole <b>WG</b> Turmeric Couscous 2.8 oz WG Roll w/ butter Golden Salsa Black Beans Mango Milk  <i>Veg.: Same</i>
<b>COLD LUNCH</b>	<b>13</b> Powerhouse Wrap Black Beans WW Tortilla (6 in 2.6 oz) Tossed dark Green Salad w Italian Pears Tomato & Cucumber Salad Milk  <i>Veg.: Same</i>	<b>14</b> Pastrami mustard w/Lettuce & Tomato WW Bread Rye Fruit Jello Potato Salad Milk  <i>Veg.: Assorted cheese slices</i>	<b>15</b> Garden Chef Salad Turkey eggs, cheese WG bread Tossed Green Salad w Italian Strawberries Broccoli Salad Milk  <i>Veg.: Egg &amp; Cheese</i>	<b>16</b> Turkey, Cheese mayo sandwich WW Bread Cole Slaw Mediterranean Chickpea Salad Pineapple Milk  <i>Veg.: Fresh Mozzarella, Cucumbers, Lett. &amp; Tom. &amp; Balsamic Vinaigrette</i>	<b>17</b> Chicken Caesar Salad WG Apple Muffin Caesar Field Greens Salad Green & Red Pepper Strips Fresh Melon Salad (Cantaloupe, Honeydew, Pineapple) Milk  <i>Veg.: Chix Strips</i>
<b>HOT LUNCH</b>	<b>20</b> Vegetarian Chili w/ kidney beans Meat Alternate (Kidney Beans) WG Cornbread Vegetable (Corn, Green Pepper, Onion, kidney beans, Diced Tomato) Red Bliss Potatoes Berries Milk  <i>Veg.: Same</i>	<b>21</b> Lemon Chicken Breast WG Fettucine Green Beans Sautéed Summer Squash Mandarin Orange Milk  <i>Veg.: Soy Protein in Pepper</i>	<b>22</b> Bean Burrito Bowl Monterrey Jack, M/M (Black Beans) WG Rice WG Corn Muffin Pico De Gallo (Onion, Tomato, Green Peppers, Cilantro) Corn Fresh Fruit Salad (Cantaloupe, Honeydew, Pineapple) Milk  <i>Veg.: Same</i>	<b>23</b> Beef & Macaroni Casserole WG noodles Creamed Spinach Carrots Apple in slices Milk  <i>Veg.: Soy Protein &amp; Macaroni</i>	<b>24</b> Stuffed Cabbage m/ma Beef WG Rice WG Roll w/ butter Cabbage Sweet Potato Pineapple Milk  <i>Veg.: Vegetarian Cabbage Roll</i>
<b>COLD LUNCH</b>	<b>20</b> Smoked Turkey mustard SI WG Bread 2 oz Broccoli w Caesar Dressing Cucumber Salad Peaches Milk  <i>Veg.: Assorted Cheese Slices</i>	<b>21</b> Spinach Strawberry Feta Salad Chicken diced Breast WG Roll Strawberry Spinach Salad w Raspberry Vinaigrette Banana Milk  <i>Veg.: Chix Strips</i>	<b>22</b> Marinated Chicken w/ Lettuce & Tomato WG Focaccia Kale Salad w/ Balsamic Oil & Vinegar Cole Slaw Grapes Milk  <i>Veg.: Tuna</i>	<b>23</b> Hawaiian Pasta Salad w/ Ham Cubes (Broccoli, cucumber, cherry tomatoes, green bell pepper) Ham Cubes String Cheese WG Noodles Pickled Beets Orange Slices Milk  <i>Veg.: Same</i>	<b>24</b> Asian Chicken Salad WG Corn Muffin Field Greens w Ranch Red Bean Salad Honeydew Milk  <i>Veg.: Chicks Strips</i>

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<b>HOT LUNCH</b>	<p style="text-align: right;"><b>27</b></p> <p>Barbecue Chicken Breast  <b>WG</b> Macaroni Salad 2 oz            Creamed Corn            Green Bean            Tropical Fruit Salad            Milk</p> <p><i>Veg.: Chix Strips</i></p>	<p style="text-align: right;"><b>28</b></p> <p>Korean Beef            Quiona            Pickled Veggies (onions, carrots)  <b>Edamame</b>            Strawberries            Milk</p> <p><i>Veg.: Soy Protein Stew</i></p>	<p style="text-align: right;"><b>29</b></p> <p>Cheese Stuffed Shells w/ Alfredo  <i>Cheese 3 oz m/ma</i>  <b>WG</b> noodles 2.5 oz  <b>WG</b> Roll w/ butter            Zucchini            Steamed <b>Spinach</b>            Cherry Cobbler            Milk</p> <p><i>Veg.: Same</i></p>	<p style="text-align: right;"><b>30</b></p> <p>Stir Fried Fajita Chicken Squash &amp; Corn  <b>WG</b> Rice  <b>Refried Beans</b>            Fajita Vegetables (<b>Red</b>, green, yellow peppers,) &amp; corn            Banana            Milk</p> <p><i>Veg.: hicks Strips</i></p>	
<b>COLD LUNCH</b>	<p>Egg Salad  <b>WG</b> Bun            Pepper Salad  <b>Red Bean Salad</b>            Banana            Milk</p> <p><i>Veg.: Same</i></p>	<p>Chef Salad            Protein, Swiss Cheese, 2 Eggs wedged  <b>WG</b> Bread  <b>Mixed Greens</b> Lettuce w Herb            Vinaigrette            Cherry <b>Tomato</b> &amp; Cuke            Pineapple            Milk</p> <p><i>Veg.: Same</i></p>	<p>Turkey 1 oz Cheese w Mayo  <b>WW</b> Bread 2 oz            Cole Slaw            Mediterranean <b>Chickpea Salad</b>            Strawberries and Blueberries            Milk</p> <p><i>Veg.: Fresh Mozzarella, Cucumbers, Lett. &amp; Tom. &amp; Balsamic Vinaigrette</i></p>	<p>Roast Beef 1 oz Cheese  <b>WG</b> Wrap 2 oz            Tricolor Vegetable Salad            Italian <b>Tomato</b> Salad            Fresh Fruit Salad (<b>Cantaloupe</b>, Honeydew, Pineapple)            Milk</p> <p><i>Veg.: Beefless strips</i></p>	