



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
HOT LUNCH										
COLD LUNCH										
HOT LUNCH	<div>5</div> <div>Honey Lime Chicken 2 ½ oz m/ma WG Pita 1 oz Mexican Rice Corn and Black beans Grilled mixed vegetables Cinnamon Baked Apple Milk</div> <div>Veg: Honey Lime Chickpeas</div>		<div>6</div> <div>Beef Lomein Noodle Sauteed Julianne of carrots Edamame Mandarian Orange Milk</div> <div>Veg: Soy beef strips</div>		<div>7</div> <div>Breaded Fish Filet (m/ma 1 oz grain) WG Bun Brussel Sprouts Magenta Root Slaw Blueberry Cobbler Milk</div> <div>MOW Veg: Same CNP Veg: Veggie – Hummus Sandwich</div>		<div>8</div> <div>6 Swedish Chicken Meatballs WG Egg Noodle Butternut squash Sauteed Collard Greens w/ Lemon and Garlic Fruit Cocktail Milk</div> <div>Veg: Vegetable Meatballs w/ sauce</div>		<div>9</div> <div>Vegetarian Minestrone Soup (MA - legume, Red/orange veg, additional veg) WG Wheat Roll Shredded cheese (topping) Eggplant Banana Milk</div> <div>MOW Veg Vegetable Bean Soup OR Veggie and Bean Soup</div>	
	COLD LUNCH	<div>Cold Winter Salad Bowl (WG Rice, feta, beets, roasted carrot, chickpeas) w/ balsamic dressing Pears Milk</div> <div>Veg: Same</div>		<div>Tuna Salad SI WW Bread 2 oz Quinoa Salad Grapes Winter Squash Salad Milk</div> <div>MOW Veg: Same CNP: alt. Egg salad</div>		<div>Whole Chicken Wrap (2 Pieces) m/ma, WG tortilla Lettuce, Tomato mayo Green & Red Pepper Strips Waldorf Salad Mango Milk</div> <div>Veg: Hummus, Provolone</div>		<div>Asian Chicken Salad WG Roll w butter Asian Coleslaw Salad Zucchini Salad Pears Milk</div> <div>Veg: Chicks Strips Alt for Arlington: Tofu</div>		<div>Caprese Fresh Mozzarella, Cucumbers, Tomato & Balsamic Vinagrette WG Pita bread Hummus Blackberries Milk</div> <div>Veg: Same</div>



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
HOT LUNCH	12 Oven Fried Chicken WG Roll w Butter Black Eyed Peas Gingered Cabbage Salad Peach Cobbler Milk Veg: Chix Strips	13 Beef Stew (MA, Veg -onion, carrot, pea, potatoes) WG Triscuit type Cracker Green Beans Fruit Salad Milk Veg: Lentil Stew	14 Chicken Piccata Brown Rice WG Cauliflower Mushroom Saute Broccoli Plum Milk Veg: Chix Strips Arlington Alt: Tofu Piccata	15 WG Tagliatelle Pasta w/ Kale, tomatoes, MA Cannellini beans, Veg, WG) Butternut Squash Berries Milk Veg: Same	16 Vegetarian Chili Beans, Cheese (3MA), Tomato Cornbread Vegetable Blend (Broccoli, Cauliflower & Carrots) Alt. 4 Way Vegetables Fruit Cocktail Milk Veg: Same				
	COLD LUNCH Chef Salad Protein, Swiss Cheese, Roast Beef, Egg wedged WG Corn Muffin Mixed Greens Lettuce w Herb Vinaigrette Pepper strips Orange in Wedges Milk Veg: Cheese, eggs	Spinach Strawberry Feta Salad/ (Grain equivalent, 3 oz meat/meat alternate, dark leafy green vegetable) Chicken Breast WG Roll Beet Salad Mango Milk Veg: Chix Strips CNP Veg: Tofu	Tabbouleh grain, veg – bell pepper, cucumber, tomato Chickpea, feta Pita bread WG Field Salad w/ Balsamic Raspberry Milk Veg: Same	Asian Beef Spring Roll Beef, WW Flour tortilla Seasoned Snow Pea Salad Asian Carrot Radish Salad Apple Milk Veg: Soy Beef Spring Rolls	Egg Salad WW English Muffin Green Bean Salad 3 Bean Salad Banana Milk Veg: same				
HOT LUNCH	MARTIN LUTHER KING DAY 19 Shepherd's Pie Beef, m potatoes WG Roll w Butter Sauteed Kale Frozen Mango Milk Veg.: Lentil Shepherd's Pie	20 Slice Turkey & Gravy Stuffing Cranberry Sauce WG Sliced Bread w Butter Broccoli & Cauliflower Sweet Potatoes Baked Cinnamon Apple/Applesauce Milk Veg: Chicks Strips Arlington Veg: Stuffed Butternut Squash	21 Beef Pho m/ma, WG & Meatballs with Rice noodles WG Crackers Kidney Beans Green Beans Orange in Wedges Milk Veg: TofuPho 2 oz m/ma 1 oz whole grain	22 Yangs Lemongrass Chicken WG Fried Rice Pitta Bread Bok Choy Seasoned carrots Pear Milk MOW Veg & CNP Veg: Lemongrass Chix strips Arlington Veg: Lemongrass Chickpeas	23 Macaroni and Cheese (MA, WG-elbow noodles) WG Roll w/ butter Brussel Sprouts Baked Beans Plum alt Mango Papaya Milk Veg: Same + cheese				
	COLD LUNCH Macaroni salad (hardboiled egg, peppers, carrots, celery, WG elbow noodles) WG crackers Field Greens w Italian Fruit Salad Milk Veg: Same	Beef Caesar Salad Caesar Field Greens Salad W Caesar Dressing Sliced Beef WG Tortilla Chickpea Salad Cold Fruit Compote Pears Milk Veg: Chickpea's salad	Chicken Salad WG Roll Spinach Strawberry Salad W/ Balsamic Vinaigrette Broccoli Salad Mango Milk Veg: Cucumber, Hummus & Provalone	Taco Salad with Southwest Ranch (romaine, ground beef, monetary jack cheese, Black Beans Pico de Gallo) WG Baked Chips Honeydew Milk Veg: Beef Soy Protein	Powerhouse Wrap Hummus WW Tortilla Tossed Green Salad w Italian Grapes Beet Salad Milk Veg: Same				

FAIRFAX CONGREGATE SENIOR CENTERS

JANUARY MENU



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
HOT LUNCH		HOT LUNCH		HOT LUNCH		HOT LUNCH		HOT LUNCH	
26		27		28		29		30	
Spaghetti & Meat Sauce 3 oz m/ma, grain Broccoli Black Beans (veg) Tangerine WG Roll w/ butter Milk <i>Veg: Beef soy protein w Spaghetti and cheese, Tomato sauce</i>		Chicken Pozole (MA, veg -radish, green cabbage, onion, hominy) WG Pita bread Sautéed Summer Squash Mango Milk <i>Veg: Pinto Bean Pozole</i>		Meatloaf & Gravy WG Biscuit w Butter Roasted broccolini Mashed Potatoes Peach cobbler Milk <i>Veg: Vegan Beef Strip</i>		Chicken Pad Thai over WG Linguini Noodles Asian vegetable blend Edamame Pineapple Milk <i>Veg: Tofu</i>		Breaded Fish Filet, m/ma, grain / Tartar Sauce WG Bun Steamed Kale Roasted Pumpkin Cinnamon Baked Apple Milk <i>MOW Veg: same CNP and Arlington Veg: Vegan Veggie Patty</i>	
COLD LUNCH		COLD LUNCH		COLD LUNCH		COLD LUNCH		COLD LUNCH	
Asian Chop Salad w/ Chicken) (Chicken, edamame (m/ma), dark green vegt, red/orange vegt, other vegt) WW Nan Bread Banana Milk <i>Veg: Same w/ tofu</i>		Turkey Sliced, Cheese WG Tortilla Romaine, Diced Tomato Black Beans Grapes Milk <i>Veg: Hummus and Cheese</i>		Pesto Pasta Salad WG Pasta Chicken, cannellini bean Cucumber Salad Yogurt parfait Steamed Baby Carrots w/ Ranch Milk <i>Veg: Chicks strips, Cannellini</i>		Greek Steak Salad (Steak MA, Pita WG, green vegt) Squash w/ Honey Mustard Applesauce Milk <i>Veg.: Soy beef</i>		Cottage Cheese String Cheese WG Apple Muffin Italian Tomato Salad Field Greens Salad w Italian Fruit Compote Milk <i>Veg: Same</i>	