



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



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

FAIRFAX CONGREGATE SENIOR CENTERS

JANUARY MENU



| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|------------|--|--|--|--|---|----------|--|--------|--|
| 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 | 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> | | | | |