



Adult Community Center Menu

January 17, 2023 to July 16, 2023

| Week of: | Monday | Tuesday | Wednesday | Thursday | Friday |
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| Jan 17 – Jan. 20 Feb. 13 – Feb. 17 Mar. 13 – Mar. 17 April 10 – April 14 May 8 – May 12 June 5 – June 9 July 3 – July 7 | Ropa Vieja, Brown Rice Pilaf, Green Beans, Split Pea Soup, Salad, Fruit Cup and Milk. | Baked Ham, Mashed Sweet Potatoes, Broccoli & Cheese Casserole, Marinated Cucumber, Onion & Carrot Salad, Apple, Bread and Milk. | Turkey Picadillo, Brown Rice, Fried Plantains, Salad, Tangerine, Cookies and Milk. | Breaded Chicken Breast, Mashed Potatoes, Peas, Carrots & Onions, Fresh Banana, Corn Muffin and Milk. | Cheese Manicotti, Caesar Salad, Minestrone Soup, Cantaloupe, Bread and Milk. |
| Jan. 23 – Jan. 27 Feb. 20 – Feb. 24 Mar. 20 – Mar. 24 April 17 – April 21 May 15 – May 19 June 12 – June 16 July 10 – July 14 | Breaded Chicken Tenders, Brown Rice, Garbanzo Bean Soup, Spinach Salad, Diced Pears and Milk. | Pepper Steak, Fabada w/Potatoes & Onions, Brown Rice, Salad, Fresh Tangerine and Milk. | Special Fried Rice with Pork, Ham, Egg & Vegetable Blend, Salad, Fresh Banana and Milk. | Baked Meat Lasagna, Sliced Carrots, Caesar Salad, Fresh Melon, Bread and Milk. | Tuna Salad with Lettuce, Tomato and Wheat Bun, Lentil Soup, Fresh Grapes and Milk. |
| Jan. 30 – Feb. 3 Feb. 27 – March 3 Mar. 27 – Mar. 31 April 24 – April 28 May 22 – May 26 June 19 – June 23 | Meatloaf, Mashed Potatoes, Green Beans, Mandarin Oranges, Bread and Milk. | Shredded BBQ Chicken, Baked Beans, Corn, Cole Slaw, Banana, Bread and Milk. | Roasted Turkey, Mashed Sweet Potatoes, Peas, Fresh Orange, Bread and Milk. | Spaghetti and Meatballs, Vegetable Soup, Spinach Salad, Fruit Mix, Bread and Milk. | Lemon Garlic Chicken, White Rice, Steamed Carrots, Broccoli Cheddar Soup, Pineapple Delight and Milk. |
| Feb. 6 – Feb. 10 Mar. 6 – Mar. 10 April 3 – April 7 May 1 – May 5 May 30 – June 2 June 26 – June 30 | Spaghetti w/ Chicken Cacciatore, Mixed Vegetables, Fruit Mix, Oatmeal Cookie and Milk. | Turkey Picadillo, White Rice, Soup w/ Red Bean, Potato, Pumpkin & Green Pepper, Spinach Salad, Orange, Bread and Milk. | Shredded Chicken Fricassee, Brown Rice, Galician Soup, Salad, Guava Pastry and Milk. | Shepherd's Pie (ground beef, mashed potatoes, cheese), Peas & Carrots, Fresh Fruit in Season, Bread and Milk. | Wheat Bun w/Egg Salad, Lettuce, Tomato & Onion, Vegetable Soup, Ambrosia Fruit Salad w/Mandarin Oranges & Yogurt and Milk. |