DC OFFICE ON AGING - CONGREGATE MEAL SERVICES

DUTCH MILL CATERING

MAY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		05/01 DCOA G2-1 *Chicken SaladPlatter (3 oz.) *Hard Boiled Egg *Lettuce & Tomatoes *Sliced W.W. Bread *Minestrone Soup (5 oz.) *Whole Apple *8 oz. 1% Milk **Vegetarian option** *Baked Ziti w/ Veggies	05/02 *Oven Baked Breaded Pork Pattie (3 oz.) *Brown Rice *Apple Sauce (4 oz.) *Brussell Sprouts *Caesar Salad *Slice W.W. Bread (1) *8oz. Milk **Vegetarian Option** *Tofu W/ Black Bean Sauce	05/03 DCOA G2-9 *Mediterr. Chicken (4 oz) *Whip Sweet Potato (4 oz) *Lima Beans (4 oz) *Green Salad (1 cup) *Slice W.W. Bread (1) * 6 oz. Juice *8 oz. 1% milk **Vegetarian option** *Cheesy Brocolli
05/06 *Meatball Sub W/ Tomato Sauce (4 oz.) *Mixed vegetables (4 oz.) *Green Salad *Mini W.W. Sub Roll (1) *6 oz. Juice *8oz. 1% Milk **Vegetarian Option** *Eggplant Parmesan*	05/07 **Cold Entrée** *Honey Dijon Chicken (1 pc) *Orzo Pasta Salad (4 oz.) *Beets (4oz.) *Green Salad *W.W. Dinner Roll * 6 oz. Juice *8 oz. 1% milk **Vegetarian Option** *Garbanzo Bean Salad	05/08 *Oven Fried Fish Filet (3 oz) *Potato Wedges (4 oz.) *Steamed Broccoli (4 oz) *Caesar Salad (1 cup) *W.W. Bun (3") (1) *Bannana *8 oz. 1% Milk **Vegetarian Option** *Hummus & Veggies*	05/09 *Turkey Chili W/ Beans (6oz.) *Baked Potato (4 oz.) *Cole Slaw (4oz.) *Green Salad (1 cup) *Whole Orange *W.W. Dinner Roll *8 oz. 1% Milk **Vegetarian Option** *Ratatouille	05/10 *Oven Fried Chicken Steak (1) *Country Gravy (2 oz.) *Mashed Potato (4 oz.) *Caesar Salad *Green Beans (4 oz.) *W.W. Dinner Roll *Whole Apple *8 oz. 1% Milk **Vegetarian Option** *Oven Fried Tofu Pattie
05/13 *Meat Lasagna *Peas And Carrots *Green Salad *Sliced W.W. Bread *6 oz. Juice *8 oz. 1% Milk **Vegetarian Option** *Veggie Lasagna	05/14 *Sweet And Sour Chicken *Oriental Vegetable Blend *Brown rice *Carrot & Raisin Salad *Sliced W.W. Bread *Whole Orange *8 oz. 1% Milk **Vegetariaqn Option** *Stir Fryed Veggies	05/15 *Tuna Salad Platter (3 oz.) *Hard Boiled Egg *Lettuce & Tomatoes *Sliced W.W. Bread *Vegetable Soup (5 oz.) *6 oz. Juice *8 oz. 1% Milk **Vegetarian Option** Eggplant & Ch. Sandwich (1) **BIRTHDAY CAKE**	05/16 *Baked Chicken (1 pc.) *Herb Stuffing (4 oz.) *Gravy (2 oz.) * Okra W/ Tomatoes *Caesar Salad *Slice W.W. Bread (1) *8oz. Milk *Fruit Cocktail (4 oz) **Vegetarian Option** *Cheese Manicotti	05/17 *Glazed Pork Loin (3oz) *Whip Sweet Potatoes (4 oz.) *Fresh Garden Salad (1cup) *Collard Greens (4 oz.) *Cinnamon Apples *2 oz. W.W. Dinner Roll *8 oz. 1% Milk **Vegetarian Option** *Tofu W/ Black Bean Sauce
05/20 DCOA G2-16 *Salisbury Steak (1pc) *Baby Whole Potatoes (4 oz) *Mixed Vegetables (4 oz.) *Green Salad (1 cup) *6 oz. juice *W.W. Roll (1) *8 oz. 1% Milk **Vegetarian Option** *Veggie Burger	05/21 *Chicken Ala King (5 oz.) *Rice Pilaf (4 oz) *Sliced Carrots (4 oz.) *Caesar Salad (1 cup) *W.W. Roll (1) *Diced Peaches (4 oz) *8 oz. 1% Milk **Vegetarian Option** *Lentils and Rice	05/22 *Turkey Sausage W/ Peppers in Marinara Sauce (5 oz.) *Spaghetti (4 oz.) *California Veggies (4 oz.) *Green Salad *W.W. Roll (1) *6 oz. juice *8 oz. 1% Milk **Vegetarian option** *Italian Squash W/ Marinara	05/23 *Oven Baked Country Fried Steak (1 pc) *Country Gravy *Mashed Potatoes *Caesar Salad *Green Beans *W.W. Roll (1) *Whole Orange *8 oz. 1% Milk **Vegetarian Option** *Cheesy Brocolli	05/24 *BBQ Chicken *Macaroni & Cheese *Baked Beans *Cole Slaw (4 oz.) *W.W. Roll *6 oz. Juice 8 oz. 1% Milk **Vegetarian Option** *Eggplant Parmesan
05/27 ***SITES CLOSED MEMORIAL DAY***	05/28 *Meatloaf w/ Gravy (1 pc) *Mashed Potatoes (4 oz) *Capri Vegetables (4 oz) *Green Salad (1 cup) *Slice W.W. Bread (1 slice) * 6 oz Juice * 8 oz. 1% Milk *Vegetarian Option* * Veggie Souflette	05/29 *Chicken & Sausage Jambalaya *Brown Rice *Spinach *3 Bean Salad *Slice W.W. Bread *Banana *8 oz. 1% Milk **Vegetarian Option** *Veggie & Tofu Jambalaya	05/30 *Turkey Burger (3 oz.) *W.W. Bun (3") (1) *Lettuce & Tomato *Sliced Carrots *Potato Salad *6 oz. Juice *8 oz. Milk **Vegetarian Option** *Veggie Burger	05/31 *Beef Stew (6 oz) *Potato Wedges (4 oz.) *Collard Greens (2 oz.) *Green Salad (1cup) *2 oz. W.W. Roll (1) *6 oz. Juice *8 oz. 1% milk **Vegetarian option** *Cheese manicotti