JEFFERY'S CATERING

VDA ALEXANDRIA HOT MENU
October 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 3 oz Apricot Chicken ½ c WG Noodles 1 oz WG Roll w Margarine ½ c Winter Squash ½ c Peas ½ c Tropical Fruit Salad 1 c Milk	**4** 1 Stuffed Cabbage *3 oz Beef + 1 oz Cheese* 2 oz WG Roll w Margarine 1 c Romaine Salad Italian ½ c Carrot Coins ½ c Watermelon 1 c Milk	**5** 1 ¼ c Chicken Pot Pie *3 oz Chicken, ½ c Peas & Carrots* 2 oz WG Biscuit ½ c Steamed Greens ½ c Pears 1 c Milk	**6** 4 oz Salisbury Steak 2 oz WG Roll w Margarine ½ c Mashed Potatoes 1 c Tossed Salad w Ranch 1 Banana 1 c Milk	**7** 4 oz Stuff Chicken Breast *3 oz Chicken, 1 oz Stuffing* 1 oz WG Roll w Margarine ½ c Green Beans ½ c Succotash ½ c Apricot 1 c Milk
CENTER CLOSED **10** 	**11** 3oz. Turkey Burger w/cheese ½ c Green Beans ½ c Cucumber Salad ¼ c shredded lettuce ¼ c sliced tomato ½ c Pears 1 c Milk	**12** 3 oz Slice Turkey & Gravy ½ c Stuffing 1 oz WG Roll w Margarine ½ c Sweet Potatoes ½ c Green Beans Almandine ¾ c Cherry Crisp 1 c Milk	**13** 4 oz Fish Fillet w Ketchup 1 c Bolivian Rice ½ c Steamed Zucchini 1 c Spinach Salad w Italian 1 Banana 1 c Milk	**14** 3oz. Pork Chop 2 oz. WG Roll w Margarine ½ c Broccoli ½ c Sweet Potatoes ½ c Cherry Crisp 1 c Milk
17 4 oz Chicken Cacciatore 4 oz Chicken & ½ c Sauce ½ c Spaghetti 1 WG Breadstick 2oz 1 c Spinach Salad w Italian ½ c Parmesan Squash ½ c Applesauce 1 c Milk	**18** 1 ½ c Beef Stew • *4 oz beef, ½ c carrots, potatoes, peas* ½ c WG Noodles 1 oz WG Biscuit ½ c Green Beans 1 Banana 1 c Milk	**19** 2 Oven Fried Chicken Legs 4oz 2 oz oz WG Biscuits w Margarine ½ c Collards ½ c Candied Sweet Potatoes ¾ c Peach Cobbler 1 c Milk	**20** 2 Beef Tacos 2 - 1oz Taco Shell (2oz) 3 oz Beef & Cheese 1 c Romaine Lettuce & Tomato ½ c Red Beans 1 Banana 1 c Milk	**21** 1 ¼ c Chicken Cassoulet *3 oz Chicken, ½ c Tomatoes, 1/3 c beans* ½ c WG Egg Noodles 1 oz WG Roll w margarine 1 c Caesar Salad ½ c Normandy Vegetables ½ c Pear 1 c Milk
24 3 oz Seasoned Chicken Fajita 2 – 6 in Tortillas 2oz ½ c Peppers & Onions 1 c Romaine Salad w Italian ½ c Red Beans 1 c Milk	**25** 1 ¼ c Beef & Macaroni Casserole *4 oz beef, ½ c noodles* 1 oz WG Roll w Margarine ½ c Creamed Spinach ½ c Carrots ½ c Pineapple 1 c Milk	**26** 1 c Red Velvet Chili *½ c Beef & Beans, ½ c beets* 2 oz WG Biscuit w Margarine ½ c Corn ½ c Cantaloupe ADSC: Pears 1 c Milk	**27** 3 oz Chicken & 1 oz Dumplings 1 oz WG Biscuit w Margarine ½ c Carrots & Corn ½ c Green Beans 1 Orange ADSC: Mandarin Oranges 1 c Milk	**28** 3 oz Barbecue Beef 2 oz WG Roll w Margarine ½ c Creamed Corn ½ c Cole Slaw ½ c Melon ADSC: Tropical Fruit Cup 1 c Milk
31 4 oz Teriyaki Chicken 1 c WG Angel Hair Pasta ½ c Asian Succotash – baby corn, lima beans, tomato ½ c Squash Medley ½ c Pineapple 1 c Milk				

Head Start & USDA are equal opportunity providers & employers

Fresh Fruit to include seasonal rotation of fruits available to include – plums, pears, peaches, berries

M.R.Mallette, RDN, CDM, CFPP 4/30/16

JEFFERY'S CATERING

VDA ALEXANDRIA COLD MENU
October 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 4 oz Egg Salad 2 Sl WW Bread ½ c Cowboy Caviar ½ c Broccoli Slaw ½ c Mandarin Oranges 1 c Milk	**4** 2 oz Roast Chicken 1 oz Cheese 2 oz Soft WW Bun 1 c Spinach ¼ c Tomato ½ c Picnic Salad ½ c Grapes 1 c Milk	**5** 6 oz Yogurt 1 oz String Cheese 2 oz Bran Muffin 1 c Field Greens Italian ½ c 3 Bean Salad ½ c Waldorf Salad 1 c Milk	**6** 3 oz Tuna Salad 2 oz English Muffin ½ c Lettuce ¼ c Tomato ½ c Meditarrean Chick- pea Salad ½ c Cantaloupe 1 c Milk	**7** ½ c Cottage Cheese 1 oz Sliced Cheddar Cheese 2 oz Bran Muffin ½ c Honeydew ½ c Strawberries ½ c Peaches 1 c Milk
10 **COLUMBUS DAY**	**11** 2 oz Turkey 1 oz Cheese 2 WW Bread ½ c Lettuce ¼ c Tomato ½ c Cowboy Caviar ½ c Cantaloupe 1 c Milk	**12** 3 oz Egg Salad 2 oz WG Roll 1 c Romaine Salad Italian ½ c Gravel Salad ½ c Watermelon 1 c Milk	**13** 3 oz Chicken Fajita Wrap (2) WW Tortilla 6" 2 oz ½ c Peppers & Onions ½ c Mexican Salad ½ c Fruit Cocktail 1 c Milk	**14** Cottage Cheese Cold Plate ½ c Cottage Cheese 1 oz String Cheese 2 oz Bran Muffin ½ c Peaches 1 c Field Greens Ranch ½ c Apricots 1 c Milk
17 2 Asian Beef Spring Roll *3 oz Beef, 2 oz Flour tortilla* ½ c Seasoned Green Bean Salad ½ c Mandarin Oranges ½ c Peach 1 c Milk	**18** 2 ozTurkey 1oz Cheese 2 WW Bread ½ c Lettuce ¼ c Tom ½ c Fava Bean Salad ½ c Broccoli Slaw 1 c Milk	**19** 3 oz Tuna Salad 2 oz WW Roll ½ c Lettuce ¼ c Tomato ½ c Fruit Salad ½ c Balela Salad 1 c Milk	**20** 3 oz Chicken Salad 2 oz WG Roll ¾ c Spinach Strawberry Salad w Balsamic Vinaigrette ½ c German Potato Salad 1 Banana 1 c Milk	**21** 2 oz Roast Beef 1 oz Cheese 2 Sl WW Bread 1 c Romaine Salad Ranch ½ c Italian Tomato Salad ½ c Fresh Fruit Salad 1 c Milk
24 ½ c Cottage Cheese 1.25 oz Cheddar Cheese IW 2 oz Bran Muffin ½ c Greek Garbanzo Salad ½ c Grapes ½ c Fresh Fruit Salad 1 c Milk	**25** Caesar Salad 2 Eggs 1 oz Cheese on 1 c Romaine w Ranch 2 oz WG Roll margarine ½ c Red Bean Salad ½ c Pineapple 1 c Milk	**26** 3 oz Marinated Chicken 2 Sl WG Bread ½ c Lettuce ¼ c Tomato ½ c Broccoli Salad ½ c Honeydew 1 c Milk	**27** *Taco Salad* 2 oz Taco Meat 1 oz Monterey Jack 1 oz WW Tortilla 1 oz Baked Tortilla chips 1 c Romaine, ¼ c Tomato ¾ c Black Beans ½ c Peaches 1 c Milk	**28** 3 oz Smoked Turkey 2 oz WG Bun ½ c Lettuce, ¼ c Tomato ½ c Pineapple Carrot Salad ½ c Banana 1 c Milk
31 3 oz Roast Beef 2 WW Bread ½ c 4 Bean Salad ½ c Broccoli Salad 1 Orange 1 c Milk				

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