

August 2013

VENTURA COUNTY ADULT DAY HEALTH CARE CENTER THERAPEUTIC LUNCH MENU

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Chicken Salad Sandwich 3 oz Bread 2oz Lettuce and Tomato 2 oz Garden Salad 1/2 cup. Fresh Melon 1/2 cup SF Lemon Bar 2 oz	2 Teriyaki Chicken Breast 3 oz Garden Salad 1/2 cup Jasmine Rice 1/2 cup Island Bread 1 oz Mixed Berries 1/2 cup	3
4	5 Chicken & LS Gravy over Biscuit 2oz chicken, biscuit 2 oz Green Beans 1/2 cup Diced Pears 1/2 cup SF Sorbet 2 oz	6 Chicken Quesadilla Chicken 3 oz, tortillas 2 oz (side of Pico de Gallo Salsa) Refried Beans 1/2 cup Green salad 1 cup SF Flan 2oz.	7 Baked Tilapia 3 oz Bowtie Pasta 1/2 c Dill Carrots 1/2 cup Garlic Roll 1 oz Sliced Peaches 1/2cup	8 Fun Lunch Club Sandwich LS turkey/ ham/bacon 3oz, Bread 2 oz, Lettuce, tomato Carrot Salad 1/2 cup LS Pretzels 1/2 cup Grapes 1/2 cup	9 Baked Meatloaf 3 oz Wild Rice Medley 1/2 cup Caesar Salad 1 cup Corn Bread 1 oz SF Carrot Cake 2 oz	10
11	12 <i>Tortilla Soup 1 cup Baja Fish 3 oz, Tortillas 2 oz (Garnish w/Shredded Lettuce, Tomato, LF Shredded Cheese) Refried Beans 1/2 cup Garden Salad 1/2 cup Salsa 1/4 cup, Guacamole 2 oz, Fresh Strawberries 1/2 cup</i>	13 Artichoke Chicken 3 oz Jasmine Rice 1/2 cup Garden Salad 1 cup Roll with Butter 1 oz SF Lemon Bar 2 oz	14 Beef Stroganoff 3 oz. w/Mushrooms, Egg Noodles 1/2 cup Green & Yellow Squash 1 cup Dinner Roll 1 oz SF Snickerdoodle Cookie 2 oz	15 Alfredo Pasta Pasta 1/2 cup, LF Sauce 1/2 cup With Chicken 3 oz Steamed Broccoli/Cauliflower 1 cup Garlic Bread 1 oz Pears 1/2 cup	16 Fun Lunch BBQ Pork Sandwich 3 oz Frenchroll 2 oz Cole Slaw 1 cup Baked Potato Chips 1 oz SF Sugar Cookie 2 oz	17
18	19 BBQ Chicken Breast 3 oz Macaroni Salad 1/2 cup Cole Slaw 1/2 cup Island Bread 1 oz Grapes 1/2 cup SF Brownie	20 In House Lunch Ck Pancit 1 cup Pancit, ck 3oz, carrot, gm beans 1/2 cup Apple Slices 1/2 cup	21 Veggie Lasagna-Spinach, peppers, onion 4 oz, Pasta 2 oz, Ricotta Cheese 1/2 cup Garden Salad 1 cup Garlic Bread 1 oz, Parm 1 oz SF Vanilla Cake 2 oz	22 Fun Lunch Rusty's Pizza Meal	23 Rotisserie Chicken 3 oz Jalapeño Mac& Cheese 1/2 cup Broccoli & Cauliflower 1/2 cup Corn Bread 1 oz Sliced Watermelon 1/2 cup	24
25	26 1/2 IS Turkey Sandwich 2 oz IS turkey, Lettuce Tomato 2 oz bread 1 Cup CK Vegetable Soup, 1/2c vegetables Grapes 1/2 cup	27 Chicken Burrito (Tortilla 2 oz, Shredded Chix 3 oz, Spanish Rice 1/4 cup, Beans 1/2 cup, Cheese 1oz) Tortilla Chips 1/2 cup Salsa 2 oz 1/2 cup Berries	28 Spaghetti 1/2 cup Marinara Sauce 1/2 cup Meatballs 3 oz, Parmesan 1 oz Garden Salad 1 cup Garlic Bread 1 oz SF Chocolate Chip Cookie	29 <i>Chicken Enchiladas Chicken 3 oz, tortillas 2 oz Mexican Rice 1/4 cup Refried Beans 1/2 cup Green salad 1/2 cup SF Flan 2oz.</i>	30 In House Lunch BBQ!!! Cheeseburger 3 oz, Bun 2 oz Lettuce and Tomato 2 oz Baked Potato Chips 1 oz Carrot Salad 1/2 cup Apple Slices 1/2 cup	****FOODS TO BE PRE- PARED AND SUBSTITUTED ACCORDINGLY FOR MODIFIED TEXTURED DIETS (I.E. PUREE)****