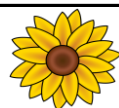


CATHOLIC CHARITIES ADULT DAY SERVICES



AUGUST 2018 MENU



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1	BREAKFAST: Fruit Smoothie W/G Bread, Skm Mlk LUNCH: Lt. Sausage with peppers & onion Deviled Eggs/Salad SNACK: "Football Deviled Eggs" & Skm Mlk	2	BREAKFAST: Pancakes Fruit, Skim Milk LUNCH: BBQ Ham steak Corn Casserole Vegetable Blend SNACK: "Football" cheese tray with pepperoni	3	HOF LUNCHEON BREAKFAST: Dry Cereal, Fruit Skim Milk LUNCH: Pulled Pork Sliders Macaroni Salad/Chips Baked Beans/Fruit Cup SNACK: "Pig Skins" in a Blanket & Juice
				6	BREAKFAST: Dry cereal Fruit Cup/Sk. Milk LUNCH: Grilled Chicken Potato bake/Asparagus Cornbread/Watermelon SNACK: Peanut Butter Crackers, Skim Milk	7	BREAKFAST: French Toast, Fruit Skim Milk LUNCH: Hot Dog on a Bun Lt. Pasta Salad Deviled Eggs/lettuce SNACK: Pretzel Bites Skim Milk	8	BREAKFAST: Bagels & Fruit Skim Milk LUNCH: Salisbury Steak Mashed Potatoes Glazed Baby carrots SNACK: Mixed Fruit Cup Skim Milk
13	BREAKFAST: Dry cereal w/Fruit Skim Milk LUNCH: Mesquite Turkey Baked Swt. Pot. Veggie Blend/Roll SNACK: PB & Jelly Wheat Break/Skm Mlk	14	BREAKFAST: Fruit Smoothie W/G Toast, Skm Mlk LUNCH: Bacon Wrapped Steak Baked Pot./Corn Wheat Roll SNACK: String Cheese Wheat Crackers	15	BREAKFAST: Biscuits & Gravy Fruit & Skim Milk LUNCH: Crispy Fried Chicken Salad and Dressing Berry Crisp SNACK: Cherry Crisp Skim Milk	16	BREAKFAST: Bacon & Fruit with W/G Toast, Skim Milk LUNCH: Chicken Stir Fry Vegetables/Fried Rice Wheat Rolls SNACK: Grapes Cheese	17	BREAKFAST: Dry cereal with Fruit/Skim Milk LUNCH: Baked Tilapia Fish Broccoli Florets Parslied Rice SNACK: Cottage Cheese Crackers
20	BREAKFAST: Oatmeal Fruit/Sk Mlk LUNCH: Baked Ham/Broccoli Mac-N-Cheese Cornbread/Peaches SNACK: Skim Milk Nutri-Grain Bar	21	BREAKFAST: Waffles Fruit/Sk. Mlk LUNCH: Chicken Kiev Rice Pilaf Multi-color cauliflower SNACK: Pineapples Skim Milk	22	BREAKFAST: Fruit Smoothie W/G Toast, Skm Mlk LUNCH: Pot Roast/Roasted Baby Carrots Oven Brown Potatoes SNACK: PB Crackers Skm Mlk	23	BREAKFAST: Egg Bake Fruit/Skm Mlk LUNCH: Herbed Turkey Corn Casserole Beats/Watermelon SNACK: Orange Slices Pretzels	24	BREAKFAST: Dry Cereal/Fruit Skim Milk LUNCH: 4-Cheese Lasagna Vegetable Blend Garlic Toast/Fruit SNACK: Yogurt Fruit Cup
27	BREAKFAST: Dry Cereal Fruit/Skim Mlk LUNCH: Ranchers Chicken Dressing/Carrots Seasonal Fruit SNACK: Lunchmeat, Bread Skim Milk	28	BREAKFAST: WG Toast, Sausage Skim Milk LUNCH: Antipasto Salad Assorted Dressing Wheat Dinner Roll SNACK: String Cheese Crackers	29	BREAKFAST: Muffin with Fruit Skim Milk LUNCH: Lt. Sausage with peppers & onion Deviled Eggs/Salad SNACK: Watermelon Skim Milk	30	BREAKFAST: Fruit Smoothie W/G Toast, Skm Mlk LUNCH: BBQ Ham steak Corn Casserole Vegetable Blend SNACK: Egg Salad Sandwich, Skm Mlk	31	BREAKFAST: Cream of Wheat Fruit/Skm Mlk LUNCH: Lemon Pepper Fish Rice Pilaf/Coleslaw Dinner Roll/Skm Mlk SNACK: Wheat Crackers Skim Milk



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 MENUS ARE SUBJECT TO CHANGE

