









CATHOLIC CHARITIES ADULT DAY SERVICES

SEPTEMBER 2018 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	ADS CLOSED 	4	BREAKFAST: Dry Cereal, Fruit Skim Milk LUNCH: Antipasto Salad Assorted Dressing Wheat Dinner Roll SNACK: Cheese Stick Wheat Crackers	5	 BREAKFAST: Pancakes Fruit, Skim Milk LUNCH: lt. Sausage with peppers & onion Deviled Eggs/Salad SNACK: Soup Wheat Crackers	6	BREAKFAST: Hashbrown bake Fruit, Skim Milk LUNCH: BBQ Ham steak Corn Casserole Vegetable Blend SNACK: Tuna Salad Stuffed Pita	7	 BREAKFAST: Dry Cereal, Fruit Skim Milk LUNCH: Lemon Pepper Fish Rice Pilaf/Coleslaw Dinner Roll/Skm Milk SNACK: PB Crackers Skim Milk
10	BREAKFAST: Cream of Wheat Toast/Fruit /Sk. Milk LUNCH: Grilled Chicken Potato bake/Asparagus Cornbread/Watermelon SNACK: Fruit Cup Skim Milk	11	BREAKFAST: Patriot Day Egg Bake/Fruit Toast/Skim Milk LUNCH: Hot Dog on a Bun lt. Pasta Salad Deviled Eggs/lettuce SNACK: Patriotic Trail Mix Skim Milk	12	 BREAKFAST: Fruit Smoothie Toast/Skim Milk LUNCH: Salisbury Steak Mashed Potatoes Glazed Baby carrots SNACK: Hard Boiled Eggs Wheat Crackers	13	BREAKFAST: Bagels/Fruit Skim Milk LUNCH: Cheeseburger  Onion Rings Fresh Fruit Cup SNACK: Pretzel Bites Skim Milk	14	BREAKFAST: Dry Cereal w/Fruit Skim Milk LUNCH: Pepperoni Pizza Tossed Salad Ambrosia SNACK: Yogurt Mixed Fruit
17	BREAKFAST: Dry cereal w/Fruit Skim Milk LUNCH: Mesquite Turkey Baked Swt. Pot. Veggie Blend/Roll SNACK: PB & Jelly Wheat Break/Skm Milk	18	BREAKFAST: Biscuits & Gravy Fruit & Skim Milk LUNCH: Bacon Wrapped Steak Baked Pot./Corn Wheat Roll SNACK: Chicken Salad Pita Bread 	19	BREAKFAST: Muffins/Fruit Skim Milk/Toast LUNCH: Crispy Fried Chicken Salad and Dressing Berry Crisp SNACK: Grapes Cheese	20	 BREAKFAST: Fruit Smoothie W/G Toast, Skim Milk LUNCH: Chicken Stir Fry Vegetables/Fried Rice Wheat Rolls SNACK: Grapes Cheese	21	BREAKFAST: Dry cereal with Fruit/Skim Milk LUNCH: Baked Tilapia Fish Broccoli Florets Parslied Rice SNACK: String Cheese Crackers
24	BREAKFAST: Dry Cereal Fruit/Sk Milk LUNCH: Baked Ham/Broccoli Mac-N-Cheese Cornbread/Peaches SNACK: Pumpkin Pie Dip Graham Crackers	25	 BREAKFAST: Fruit Smoothie W/G Toast, Skm Milk LUNCH: Chicken Kiev Rice Pilaf Multi-color cauliflower SNACK: Soup Wheat Crackers	26	BREAKFAST: Bacon/Wheat Toast Eggs/Fruit/Skm Milk LUNCH: Pot Roast/Roasted Baby Carrots Oven Brown Potatoes SNACK: Egg Salad on Whole Wheat Bread	27	BREAKFAST: Egg Bake/Toast Fruit/Skm Milk LUNCH: Herbed Turkey Corn Casserole Beats/Watermelon SNACK: Wheat Crackers Cheese Cubes	28	BREAKFAST: Oatmeal/Fruit Wheat Toast/Skm Milk LUNCH: 4-Cheese Lasagna Vegetable Blend Garlic Toast/Fruit SNACK: PB Crackers Skim Milk

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MENUS ARE SUBJECT TO CHANGE

