



CATHOLIC CHARITIES ADULT DAY SERVICES



NOVEMBER 2018 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
						1	BREAKFAST: Mixed Fruit Smoothie/Toast LUNCH: Pork Roast/Wheat Roll Scall. Potatoes Braised Cabbage SNACK: Skim Milk Crackers	2	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Fish Filet/Wile Rice Vegetable Blend Wheat Roll SNACK: Pumpkin Spice Smoothie/Crackers		
5	BREAKFAST: Dry Cereal, Fruit Sk. Milk LUNCH: Mesquite Turkey Baked Swt. Pot. Veggie Blend/Roll SNACK: PB Sandwich Skimm Milk	6	ELECTION DAY BREAKFAST: Waffles/Fruit Sausage/Skm Mlk LUNCH Bacon Wrapped Steak Baked Pot./Corn Wheat Roll SNACK: Pumpkin Mousse Crackers	7	 BREAKFAST: Fruit Smoothis Toast/Skm Milk LUNCH Crispy Fried Chicken Salad and Dressing Berry Crisp SNACK: Chicken Nuggets Skim Milk	8	BREAKFAST: Egg Bake/Fruit Toast/Skim Milk LUNCH: BBQ Pulled Pork Cheese Potatoes Gr. Bn. Casserole SNACK: Soup Wheat Crackers	9	ADS CLOSED <i>Staff Development Day</i> 		
12	BREAKFAST: Pumpkin Pie Oatmeal/Skm Mlk LUNCH: Baked Ham/Broccoli Mac-N-Cheese Cornbread/Peaches SNACK: Margies' B-Day Angel Cake/Strawberries	13	BREAKFAST: Muffins/Yogurt Fruit & Skim Milk LUNCH: Chicken Kiev Rice Pilaf Multi-color cauliflower SNACK: Skm Mlk/P. Butter Wheat Crackers	14	BREAKFAST: Dry Cereal/Fruit Skim Milk LUNCH: Pot Roast/Roasted Baby Carrots Oven Brown Potatoes SNACK: Grapes Cheese Cubes	15	 BREAKFAST: Pancakes/Fruit Skim Mlk LUNCH: Herbed Turkey Corn casserole Beats/Watermelon SNACK: Cottage cheese Fruit Cup	16	BREAKFAST: Dry cereal with Fruit/Skim Milk LUNCH: 4-Cheese Lasagna Vegetable Blend Garlic Toast/Fruit SNACK: Pumpkin Pie Greek Yogurt/Skm Mlk		
19	BREAKFAST: Dry Cereal Fruit/Sk Mlk LUNCH: Rancher's Chicken Dressing/Carrots Fruit/Wheat Roll SNACK: "Turkey" Muffins Skim Milk	20	 BREAKFAST: Eggs, Bacon, fruit W/G Toast, Skm Mlk LUNCH: Turkey/Mash. Potatoes Corn/Dressing/Rolls Cranberry Relish/ SNACK: Pretzel Sticks Oranges	21	 BREAKFAST: French Toast Stix Sausage/Fruit/Skm Mlk LUNCH: lt. Sausage with peppers & onion Deviled Eggs/Salad SNACK: Pumpkin Pie Skm Mlk	22	ADS CLOSED 		23	ADS CLOSED	
26	BREAKFAST: Dry Cereal Fruit/Sk Mlk LUNCH: Grilled Chicken Potato bake/Asparagus Cornbread/Watermelon SNACK: Lunch Meat Sandwich/Water	27	 BREAKFAST: Fruit Smoothie Toast/ Skm Milk LUNCH: Hot Dog on a Bun lt. Pasta Salad Deviled Eggs/lettuce SNACK: Apple Butter Toast Skm Milk	28	 BREAKFAST: Breakfast Burritos Fruit/Skm Mlk LUNCH: Salisbury Steak Mashed Potatoes Glazed Baby carrots SNACK: Soup with Wheat Crackers	29	BREAKFAST: Biscuit/Saus. Patty Fruit/Skm Mlk LUNCH: Antipasta Salad Assorted Dressing Wheat Dinner Roll SNACK: Pumpkin Cheescake Muffin/Skm Mlk	30	BREAKFAST: Cream of Wheat Toast/Fruit/ Skm Mlk LUNCH: 3- Cheese Lasagna Italian Salad Garlic Toast SNACK: Cherry Crisp Skm Mlk		

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 THE LUNCH MENUS ARE SUBJECT TO CHANGE

