



# JANUARY 2019 MENU

| MONDAY |  | TUESDAY |   | WEDNESDAY |   | THURSDAY |  | FRIDAY |   |
|--------|--|---------|---|-----------|---|----------|--|--------|---|
|        |  | 1       | <b>ADS CLOSED</b><br><b>HAPPY NEW YEAR!</b><br>   | 2         | <b>BREAKFAST:</b><br>Dry Cereal, Fruit Toast/Skm Mlk<br><b>LUNCH:</b><br>Glazed Ham Swt Potatoes Lima Beans/Roll<br><b>SNACK:</b><br>Chicken Nuggets Apple Juice                          | 3        | <b>BREAKFAST:</b><br>Eggs/Bacon/Toast Fruit/Skim Milk<br><b>LUNCH:</b><br>Ck. Teriyaki/Rice Oriental Vegetables Pears/Sk Mlk.<br><b>SNACK:</b><br>Cheese Stick Juice                     | 4      | <b>BREAKFAST:</b><br>Dry Cereal Fruit/Skim Milk<br><b>LUNCH:</b><br>Pepp.Pizza/ Salad Wheat Roll/Skm Mlk Fruit Cup/Skim Milk<br><b>SNACK:</b><br>PB on Wheat Crackers/Skm Mlk |
| 7      | <b>BREAKFAST:</b><br>Dry Cereal Fruit/Skim Milk<br><b>LUNCH:</b><br>Ham/Swt Potatoes Lima Beans Wheat Roll/Skm Mlk<br><b>SNACK:</b><br>Pretzels Cheese Cubes             | 8       | <b>BREAKFAST:</b><br>Muffins/Toast Fruit/Skim Milk<br><b>LUNCH:</b><br>Turkey/Veggies Corn Bread Dressing Wheat Roll<br><b>SNACK:</b><br>Soup Wheat Crackers                              | 9         | <b>BREAKFAST:</b><br>Waffles/Sausage Fruit/Skim Milk<br><b>LUNCH:</b><br>Meat Sauce/Spaghetti Noodles/Veg. Blend Garlic Bread/Skm Mlk<br><b>SNACK:</b><br>Sliced Cucumbers Wheat Crackers | 10       | <b>BREAKFAST:</b><br>Fruit Smoothie Toast/Fruit/Skim Milk<br><b>LUNCH:</b><br>Swiss steak Mashed Pot./Pears Brussel Sprouts<br><b>SNACK:</b><br>Hot Cocoa Social Muffin/Skm Mlk          | 11     | <b>BREAKFAST:</b><br>Cream of Wheat Fruit/Toast/Skm Mlk<br><b>LUNCH:</b><br>Baked Fish/Swt Pot. Mixed Veggies<br><b>SNACK:</b><br>Cereal Bar Skim Milk                        |
| 14     | <b>BREAKFAST:</b><br>Dry Cereal Fruit/Skim Milk<br><b>LUNCH:</b><br>BBQ Chicken/Corn Baked Pot./Roll Fruit Jello<br><b>SNACK:</b><br>PB Crackers Skim Milk               | 15      | <b>BREAKFAST:</b><br>Pancakes Toast/Fruit/Milk<br><b>LUNCH:</b><br>Turkey/Mashed Pot. Bread Dressing Brussel Sprouts<br><b>SNACK:</b><br>Apple Butter Sandwich Pretzels                   | 16        | <b>BREAKFAST:</b><br>Eggs/Toast Fruit/Skim Milk<br><b>LUNCH:</b><br>Salisbury steak Lima Beans/Grapes Mashed Potatoes<br><b>SNACK:</b><br>Fig Newtons Skm Mlk                             | 17       | <b>BREAKFAST:</b><br>French Toast Fruit/Skim Milk<br><b>LUNCH:</b><br>Pork Roast/Sauerkraut Mashed Pot./Wht. Roll Apple Cobbler<br><b>SNACK:</b><br>Wheat Crackers Cheese Spread         | 18     | <b>BREAKFAST:</b><br>Dry Cereal Fruit/Skim Milk<br><b>LUNCH:</b><br>Breaded Fish Filet Rice/Coleslaw Wheat Roll<br><b>SNACK:</b><br>Cheese Cubes Grapes                       |
| 21     | <b>ADS CLOSED</b><br>  | 22      | <b>BREAKFAST:</b><br>Dry Cereal Fruit/Skim Milk<br><b>LUNCH:</b><br>Roast Beef/Gr. Beans Mashed Pot./Gravy Wheat Roll/Skm Mlk<br><b>SNACK:</b><br>PB Sandwich Skim Milk                   | 23        | <b>BREAKFAST:</b><br>Biscuits/Saus. Gravy Skm.Mlk./Fruit<br><b>LUNCH:</b><br>Turkey/Succotsh Bread Dressing Wheat Rolls/Skm Mlk<br><b>SNACK:</b><br>Hot Cocoa Social Yogrt/Crackers       | 24       | <b>BREAKFAST:</b><br>Fruit Smoothie Toast/Skm Mlk.<br><b>LUNCH:</b><br>Pork Roast/Wheat Roll Scalloped Potatoes Red & Green cabbage<br><b>SNACK:</b><br>Birthday Treat! Pretzels/Skm Mlk | 25     | <b>BREAKFAST:</b><br>Oatmeal/Toast Fruit/Skim Milk<br><b>LUNCH:</b><br>Fish Filet/Wild Rice Vegetable Blend Wheat Roll/Skm Mlk<br><b>SNACK:</b><br>Cheese Sticks Juice        |
| 28     | <b>BREAKFAST:</b><br>Blueberry Pancakes Fruit/Sk Mlk<br><b>LUNCH:</b><br>Fried Chicken DelMonico Potatoes Corn/Wheat Roll<br><b>SNACK:</b><br>Wheat Crackers with Cheese | 29      | <b>BREAKFAST:</b><br>Egg Bake Casserole Fruit/Skim Milk<br><b>LUNCH:</b><br>Pork Roast/Sauerkraut Mashed Potatoes Apple Crisp<br><b>SNACK:</b><br>Hot Cocoa Social Oatmeal Cookie/Skm Mlk | 30        | <b>BREAKFAST:</b><br>Yogurt/Fruit Toast/Skm Mlk<br><b>LUNCH:</b><br>Glazed Ham Swt Potatoe Souffle' Lima Beans/Roll<br><b>SNACK:</b><br>Corn Dog Bites Juice                              | 31       | <b>BREAKFAST:</b><br>Bagels w/Fruit Skim Milk<br><b>LUNCH:</b><br>Ck. Teriyaki/Rice Oriental Vegetables Pears/Sk Mlk.<br><b>SNACK:</b><br>Lunchmeat Sandwich Skim Milk                   |        |   |

CATHOLIC CHARITIES ADULT DAY SERVICES  
 \*\*THE LUNCH MENUS ARE SUBJECT TO CHANGE\*\*

