



CATHOLIC CHARITIES ADULT DAY SERVICES



MARCH 2019 MENU



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Pepp.Pizza/ Salad Wheat Roll/Skm Mlk Fruit Cup SNACK: String Cheese Wheat Crackers
4	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Ham/Swt Potatoes Lima Beans Wheat Roll/Skm Mlk SNACK: Pretzels Skim Milk	5	MARDI GRAS BREAKFAST: Pancakes Fruit/Skim Milk LUNCH: Turkey/Veggies Corn Bread Dressing Wheat Roll SNACK: Fruit & Jello Cup Wheat Crackers	6	ASH WEDNESDAY BREAKFAST: Fruit Smoothie Milk/Yogurt/Toast LUNCH: Meat Sauce/Spaghetti Noodles/Veg. Blend Garlic Bread/Skm Mlk SNACK: "Oreo Day" Snack Skim Milk	7	BREAKFAST: Eggs/Bacon/Toast Fruit/Skiim Milk LUNCH: Swiss steak Mashed Pot./Pears Brussel Sprouts SNACK: Bowl of Soup Wheat Crackers	8	BREAKFAST: Oatmeal Fruit/Skm Mlk LUNCH: Baked Fish/Swt Pot. Mixed Veggies Scone SNACK: P.Butter Crackers Skim Milk
11	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: BBQ Chicken/Corn Baked Pot./Roll Fruit Jello SNACK: String Cheese Grapes	12	BREAKFAST: Waffles/Fruit Skim Milk LUNCH: Turkey/Mashed Pot. Bread Dressing Brussel Sprouts SNACK: Strawberry Cheesecake Parfait	13	BREAKFAST: Sausage Patty Bisquit Fruit/Skim Milk LUNCH: Salisbury steak Lima Beans/Grapes Mashed Potatoes SNACK: Chili with Wheat Crackers	14	BREAKFAST: Bagels/Fruit Skim Milk/Yogurt LUNCH: Pork Roast/Saurkraut Mashed Potatoes Wheat Roll SNACK: Applespice Cobbler Icecream/Sk. Mlk	15	BREAKFAST: St Patty Pancakes! Fruit/Skim Milk LUNCH: Breaded Fish Filet Rice/Coleslaw Wheat Roll SNACK: St. Patty Trail Mix Skim Milk
18	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Maple Ham/Baked Beans/Yellow Squash Pineapple & Cherries SNACK: Irish Nachos Skim Milk	19	BREAKFAST: French Toast/Fruit Sausage/Skm Mlk LUNCH: Roast Beef/Gr. Beans Mashed Pot./Gravy Wheat Roll/Skm Mlk SNACK: Bowl of Soup Wheat Crackers	20	Spring Begins! BREAKFAST: Muffins/Fruit Yogurt/Skm.Mlk. LUNCH: Turkey/Succotash Bread Dressing Wheat Rolls/Skm Mlk SNACK: Nutella/Banana Sandwich/Skm Mlk	21	BREAKFAST: Fruit Smoothie/Yogurt Toast/Skm Mlk. LUNCH: Pork Roast/Wheat Roll Scalloped Potatoes Red & Green cabbage SNACK: Cottage Cheese Wheat Crackers	22	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Fish Filet/Wild Rice Vegetable Blend Wheat Roll/Skm Mlk SNACK: Cheese Cubes Pretzels
25	BREAKFAST: Dry Cereal Fruit/Sk Mlk LUNCH: Pork Roast/Saurkraut Mashed Potatoes Apple Crisp SNACK: P. Butter Sandwich Skim Milk	26	BREAKFAST: Egg Bake/Toast Fruit/Skim Milk LUNCH: Fried Chicken/Corn DelMonico Potatoes Wheat Roll SNACK: Sea Turtles Skim Milk	27	BREAKFAST: Dry Cereal/Fruit Skim Milk LUNCH: Glazed Ham Swt Potatoe Souffle' Lima Beans/Roll SNACK: Crescent Roll Pinwheels/Skm Mlk	28	BREAKFAST: Bacon/Sausage Toast/Fruit/Skm Mlk LUNCH: Ck. Teriyaki/Rice Oriental Vegetables Pears/Sk Mlk. SNACK: Yogurt Grape Juice		

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THE LUNCH MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE**

