





CATHOLIC CHARITIES ADULT DAY SERVICES



MAY 2019 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1	BREAKFAST: French Toast/Fruit Sausage/Skim Milk LUNCH: Spaghetti/Meat Sauce Normandy Vegetables Garlic Bread SNACK: Lunchmeat Sandwich Skim Milk	2	BREAKFAST: Dry Cereal Fruit/Skm Milk LUNCH: Swiss Steak Mashed Potatoes Brussels Sprouts SNACK: String Cheese Wheat Crackers	3	BREAKFAST: Egg Bake, Toast Fruit/Skim Milk LUNCH: Baked Fish Swt Pot Wedges Vegetable Medley SNACK: Seven Layer Dip Tortilla Chips
				6	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: BBQ Chicken Bake Pot./Corn Wheat Rolls SNACK: Peanut Butter Crackers/Skim Milk	7	BREAKFAST: Sausage Patty Biscuit Milk, Fruit LUNCH: Baked Turkey Bread Dressing Brussels Sprouts SNACK: Corn Dogs Apple Juice	8	BREAKFAST: Fruit Smoothie/Toast Fruit/Skim Milk LUNCH: Salisbury Steak Mashed Potatoes Lima Beans/Grapes SNACK: Hummus Wheat Crackers
13	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Maple Ham/Baked Beans/Yellow Squash Pineapple & Cherries SNACK: String Cheese Wheat Crackers	14	BREAKFAST: Skim Milk/Biscuits Sausage Gravy/Fruit LUNCH: Roast Beef/Gr. Beans Mashed Pot./Gravy Wheat Roll/Skm Milk SNACK: Belvita Wheat Biscuit/Skm Milk	15	BREAKFAST: Monte Crisco Casserole Fruit/Skim Milk LUNCH: Turkey/Succotash Bread Dressing Wheat Rolls/Skm Milk SNACK: Carrots/Ranch Dip Apple Juice	16	BREAKFAST: Fruit/ Smoothie Toast/Skim Milk LUNCH: Pork Roast/Wheat Roll Scalloped Potatoes Red & Green cabbage SNACK: Pasta Salad Wheat Crackers	17	BREAKFAST: Cereal/Fruit Skim Milk LUNCH: Fish Fillet Wild Rice/Vegetables Wheat Dinner Roll SNACK: Applesauce Wheat Crackers
20	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Pork Roast/Sauerkraut Mashed Potatoes Apple Crisp SNACK: Peanut Butter Sanwich/ Skm Milk	21	BREAKFAST: Fruit/Muffins Yogurt/ Skm Milk. LUNCH: Fried Chicken/Corn DelMonico Potatoes Wheat Roll SNACK: Soup Wheat Crackers	22	First Cookout Today! BREAKFAST: Eggs/Bacon/Toast Fruit/Skm.Milk. LUNCH: Grilled Hot Dogs Baked Beans Potato Salad SNACK: Chicken Fingers Grape Juice	23	BREAKFAST: Waffles/Fruit Sausage/Skm Milk LUNCH: Ck. Teriyaki/Rice Oriental Vegetables Pears/Sk Milk. SNACK: Trail Mix Skim Milk	24	BREAKFAST: Oatmeal/Toast Fruit/Skim Milk LUNCH: Pepp.Pizza/ Salad Wheat Roll/Skm Milk Fruit Cup SNACK: Nutri Grain Bar Skim Milk
27	ADS CLOSED 	28	BREAKFAST: Cereal/Fruit Toast/Skm Milk LUNCH: Turkey Pot Roast Cornbread Dressing Vegetable Blend SNACK: Celery Stix Peanut Butter	29	BREAKFAST: Fruit Smoothie/Toast Yogurt/Skim Milk LUNCH: Spaghetti/Meat Sauce Normandy Vegetables Garlic Bread SNACK: Cobbler Skim Milk	30	BREAKFAST: Bagels/Yogurt Fruit/Skm Milk LUNCH: Swiss Steak Mashed Potatoes Brussels Sprouts SNACK: Wheat Pretzels Cheese Cubes	31	BREAKFAST: Oatmeal, Toast Fruit/Skim Milk LUNCH: Baked Fish Swt Pot Wedges Vegetable Medley SNACK: Apple Butter Toast Skim Milk

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THE LUNCH MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE

