













CATHOLIC CHARITIES ADULT DAY SERVICES



JULY 2019 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	BREAKFAST: Dry Cereal Banana/Skm Milk LUNCH: Mesquite Turkey Baked Swt Potato Sicilian Vegetables SNACK: Cherry Tomatoes Ranch Dip/Crackers	 BREAKFAST: Eggs/Bacon/Toast Fruit/Skm.Mlk. LUNCH: Bacon Salisbury Steak Baked Potato Corn on the Cob SNACK: Deli Meat Wheat Bread	3	BREAKFAST: Waffles/Fruit Sausage Links/Skim Milk LUNCH: Fried Crispy Chicken Mixed Salad/Berry Crisp Garlic Bread SNACK: 4th of July Trail Mix Skim Milk	4	ADS CLOSED  4TH OF JULY	5	BREAKFAST: Dry Cereal/Fruit Skim Milk LUNCH: Baked Fish Parslied Rice Broccoli SNACK: PB Crackers Skim Milk	
8	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Baked Ham Mac-N-Cheese Broccoli Spears SNACK: Wheat Crackers String Cheese	9	 BREAKFAST: Biscuits & Gravy Milk, Fruit LUNCH: Baked Turkey Bread Dressing Brussels Sprouts SNACK: Hard Boiled Egg Wheat Crackers	10	BREAKFAST: Toast/Yogurt/Skm Milk Fruit Smoothie LUNCH: Pot Roast Browned Potatoes Roasted Carrots SNACK: Yogurt Blueberries	11	BREAKFAST: Bagels/Fruit Yogurt/Skim Milk LUNCH: Herbed Turkey Corn Casserole Sliced Beets SNACK: Pasta Salad Wheat Crackers	12	BREAKFAST: Dry Cereal Fruit/Sk Milk LUNCH: 4 Cheese Lasagna Fruit/Garlic Toast Wheat Rolls SNACK: Wheat Pretzel Cheese Cubes
15	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Ranchers Chicken Bread Dressing Glazed Carrots SNACK: Peanut Butter Crackers/Skm Milk	16	 BREAKFAST: Fruit/Toast Skim Milk LUNCH: Antipasto Salad Mixed Greens/Cheese Wheat Roll/Skm Milk SNACK: Belvita Breakfast Biscuit/Skm Milk	17	 BREAKFAST: Muffin/Toast Fruit/Skim Milk LUNCH: Chicken Kiev Mixed Vegetables Fruit Cup, Skm Milk SNACK: Cucumber Slices Wheat Crackers	18	 BREAKFAST: Pancakes/Bacon Eggs/Fruit/Skm Milk LUNCH: BBQ Ham Steak Corn Casserole Capri vegetables SNACK: Chicken Fingers Skim Milk	19	BREAKFAST: Cereal/Fruit Skim Milk LUNCH: Fish Fillet Wild Rice/Vegetables Calico Coleslaw SNACK: Grapes Cheese Cubes
22	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Grilled Chicken Company Potatoes Asparagus/Red Peppers SNACK: Peanut Butter Sandwich/ Skm Milk	23	 BREAKFAST: Fruit Smoothie/Toast Yogurt/ Skm Milk. LUNCH: Hot Dog/Bun Pasta Salad Deviled Eggs SNACK: English Muffin Pizza Apple Juice	24	 BREAKFAST: Eggs/Sausage Biscuit Fruit/Skm.Mlk. LUNCH: Salisbury Steak Mashed Potatoes Glazed Baby Carrots SNACK: Cottage Cheese Wheat Crackers	25	 BREAKFAST: Monte'Crisco Bake Fruit/Skiim Milk LUNCH: Baked Cicken Breast Mixed Veggies Fruit Cup SNACK: Wheat Crackers Orange Slices	26	 BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Pepp.Pizza/ Salad Wheat Roll/Skm Milk Grapes SNACK: Cinnamon Muffin Skim Milk
29	BREAKFAST: Dry Cereal Banana/Skm Milk LUNCH: Mesquite Turkey Baked Swt Potato Sicilian Vegetables SNACK: Turkey Sandwich Cheese	30	 BREAKFAST: FrenchToast/Eggs Fruit/Skm.Mlk. LUNCH: Bacon Salisbury Steak Baked Potato Corn on the Cob SNACK: Cranberry-Apple Pie Cobbler/Skm Milk	31	BREAKFAST: Bagels/Fruit Yogurt/Skim Milk LUNCH: Cookout Grilled Brats Potato Salad/Baked Beans/Watermelon SNACK: Sliced Avacado Wheat Crackers				

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THE LUNCH MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE