

CATHOLIC CHARITIES ADULT DAY SERVICES

SEPTEMBER 2019 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>ADD CLOSED</p> 	<p>3</p> <p>BREAKFAST: Dry Cereal/Fruit Fruit/GM Mls</p> <p>LUNCH: Chicken Noodle Rice Pilaf, Cauliflower Wheat Roll</p> <p>SNACK: String Cheese Wheat Crackers</p>	<p>4</p> <p>BREAKFAST: Milk/Granola/Waffles Vegetable Protein/GM Mls</p> <p>LUNCH: Pot Roast Roasted Potatoes Roasted Carrots</p> <p>SNACK: Orange Juice Crackers</p>	<p>5</p> <p>BREAKFAST: Egg/Bacon/Tostitos Fruit/GM Mls</p> <p>LUNCH: Heroin Turkey Green Casserole Steak Beans</p> <p>SNACK: Milk Crackers</p>	<p>6</p> <p>BREAKFAST: Dry Cereal/Fruit Fruit/GM Mls</p> <p>LUNCH: 4 Cheese Lasagna Pasta/Beans/Tomato Wheat Rolls</p> <p>SNACK: Cottage Cheese Wheat Crackers</p>
<p>9</p> <p>BREAKFAST: Dry Cereal Fruit/GM Mls</p> <p>LUNCH: Sausages/Chicken Shred Cheesecake Shred Carrots</p> <p>SNACK: Shred Banana Nuts/Sandwich</p>	<p>10</p> <p>BREAKFAST: Egg/Bacon/Tostitos Fruit/GM Mls</p> <p>LUNCH: Artichoke Salad Mashed Potatoes/Cheese Wheat Roll/GM Mls</p> <p>SNACK: Yogurt Fruit Cup</p>	<p>11</p> <p>PENNY DRY</p> <p>BREAKFAST: Pancakes Fruit/GM Mls</p> <p>LUNCH: Beef/Chicken Mashed Potatoes Fruit Cup/Wheat Roll</p> <p>SNACK: Soup Wheat Crackers</p>	<p>12</p> <p>BREAKFAST: Cinnamon Fruit Yogurt/GM Mls</p> <p>LUNCH: BBQ Pork Steak Green Casserole Cauli vegetables</p> <p>SNACK: Hummus Wheat Veggies</p>	<p>13</p> <p>BREAKFAST: Dry Cereal Fruit/GM Mls</p> <p>LUNCH: Hot Pot Wheat/Rice/Vegetables Cauli Chicken</p> <p>SNACK: Turkey Sandwich Crack Juice</p>
<p>16</p> <p>BREAKFAST: Dry Cereal Fruit/GM Mls</p> <p>LUNCH: Grilled Chicken Cannellini Potatoes Asparagus/Potatoes</p> <p>SNACK: Peanut Butter Wheat Crackers</p> <p>FRUIT DAY OF MENU</p>	<p>17</p> <p>BREAKFAST: Fruit/Yogurt Eggs/Granola Mls</p> <p>LUNCH: Hot Dog/Bean Fruit Salad Deviled Eggs</p> <p>SNACK: Hard-Boiled Egg Wheat Crackers</p>	<p>18</p> <p>BREAKFAST: Cinnamon Fruit Waffles/Fruit/GM Mls</p> <p>LUNCH: Sausage/Bean Mashed Potatoes Shred Baby Carrots</p> <p>SNACK: Cinnamon Potatoes Apple Juice</p>	<p>19</p> <p>BREAKFAST: Vegetable/Potato/Beans Fruit/GM Mls</p> <p>LUNCH: Cauliflower Cheesecake Green Beans Fruit Cup</p> <p>SNACK: Milk Wheat/Rice</p>	<p>20</p> <p>BREAKFAST: Dry Cereal/Fruit Fruit/GM Mls</p> <p>LUNCH: Pasta/Fruit Salad Wheat/Rice/GM Mls Beans</p> <p>SNACK: Tuna Sandwich Wheat Crackers</p>
<p>23</p> <p>BREAKFAST: Dry Cereal Fruit/GM Mls</p> <p>LUNCH: Meatloaf Turkey Baked Potatoes Sautéed Vegetables</p> <p>SNACK: Fruit Trail Mix Nuts/Granola</p>	<p>24</p> <p>BREAKFAST: Fruit Smoothie/Yogurt Fruit/GM Mls</p> <p>LUNCH: Beef Sausage/Steak Baked Potatoes Corn on the Cob</p> <p>SNACK: Peanut-Flie Cuddler Gran Mls</p>	<p>25</p> <p>BREAKFAST: Pancake/Tostitos Fruit/GM Mls</p> <p>LUNCH: Meatloaf/Sandwich Cheesy Potatoes Corn-on-the-Cob</p> <p>SNACK: Cottage Cheese Pineapple Ice Cream</p> 	<p>26</p> <p>BREAKFAST: Milk/Granola/Energy Fruit/GM Mls</p> <p>LUNCH: Chicken Egg Fry Vegetable Fried Rice Chicken Fries</p> <p>SNACK: Watermelon Cake Yogurt</p> 	<p>27</p> <p>BREAKFAST: Dry Cereal Fruit/GM Mls</p> <p>LUNCH: Baked Fish Parasited Rice Beans</p> <p>SNACK: Peanut Butter on Wheat Bread</p> 

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MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE