

CATHOLIC CHARITIES ADULT DAY SERVICES

**NOVEMBER MENU 2019**

*Thankful*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1 <b>BREAKFAST:</b> Oily Corned Beef Fruit/Gluten MB</p> <p><b>LUNCH:</b> Sauté Ground Turkey Casser - Vegetables Rice/Pot/Wheat Nut</p> <p><b>SNACK:</b> Shrimp Potsticker Wheat Crackers</p>
<p>4 <b>BREAKFAST:</b> Oily Corned Beef/Gluten MB</p> <p><b>LUNCH:</b> Macaroni Pasta Sauté Potatoes Vegetable Salad</p> <p><b>SNACK:</b> Peas and Butter on Bread Crumbs</p>	<p>5 <b>BREAKFAST:</b> Mashed Potato Casserole Fruit/Gluten MB</p> <p><b>LUNCH:</b> Lentil Turkey Chik'n New Hair/Cornish Wheat Nut</p> <p><b>SNACK:</b> Yogurt Rogers Juice</p>	<p>6 <b>BREAKFAST:</b> Oatmeal Toast Fruit, Skim MB</p> <p><b>LUNCH:</b> Roasted Red Cabbage Mashed Potatoes Shrimp Pasta</p> <p><b>SNACK:</b> Soup Wheat Crackers</p>	<p>7 <b>BREAKFAST:</b> Eggs, Toast, Fruit Skim, MB</p> <p><b>LUNCH:</b> Coney Sauté Chicken Sauté Red Potatoes Casser Vegetables</p> <p><b>SNACK:</b> Crisp Crackers</p>	<p>8 <b>BREAKFAST:</b> Oily Corned Beef/Gluten MB</p> <p><b>LUNCH:</b> Pasta Casserole Casser - Potatoes Casser - Peas</p> <p><b>SNACK:</b> Sauté Chicken Apple Juice</p>
<p>11 <b>THANKSGIVING DAY BREAKFAST:</b> Pancakes/Scrambled Eggs/Fruit/Gluten MB</p> <p><b>LUNCH:</b> Sauté Sausage Mashed Potatoes Gr. Bean Casserole</p> <p><b>SNACK:</b> Crisps Chicken Cutlets</p>	<p>12 <b>BREAKFAST:</b> Oily Corned Beef/Gluten MB</p> <p><b>LUNCH:</b> Lentil/Garden Blue Roasted Potatoes Biscuits Sprouts</p> <p><b>SNACK:</b> Cinnamon Apple Cherry/Gluten MB</p>	<p>13 <b>BREAKFAST:</b> Fruit Smoothie Fruit/Yogurt/Skim MB</p> <p><b>LUNCH:</b> Pan Seared/Sautéed Roasted Potatoes Wheat Pot/Apple Cider</p> <p><b>SNACK:</b> Ham &amp; Cheese Pineapple/Skim milk</p>	<p>14 <b>BREAKFAST:</b> Eggs, Butter/Toast Fruit/Skim MB</p> <p><b>LUNCH:</b> Crispin Rib Fry Vegetables Pasta Rice</p> <p><b>SNACK:</b> Apple Slices Peas and Butter</p>	<p>15 <b>BREAKFAST:</b> Oily Corned Beef/Gluten MB</p> <p><b>LUNCH:</b> Casser - Sauté Potatoes Casser - Potatoes Casser - Peas</p> <p><b>SNACK:</b> Yogurt Pineapple/Skim</p>
<p>16 <b>BREAKFAST:</b> Oily Corned Beef/Gluten MB</p> <p><b>LUNCH:</b> Casser - Sauté or Dressing Casser - Chicken Wheat - Ham Pot</p> <p><b>SNACK:</b> Wheat Potatoes Crisps - Potatoes</p>	<p>19 <b>BREAKFAST:</b> Rogers Fruit Yogurt - Skim MB</p> <p><b>LUNCH:</b> Pork Roast/Sautéed Mashed Potatoes Fruit Potatoes</p> <p><b>SNACK:</b> Crisp-Apple Cider Skim MB</p>	<p>20 <b>BREAKFAST:</b> Pancake Toast/Eggs Fruit/Gluten MB</p> <p><b>LUNCH:</b> Roast Beef/Sautéed Macaroni Salad Fruit Pot/Cup</p> <p><b>SNACK:</b> Toast Milk Apple Juice</p>	<p>21 <b>BREAKFAST:</b> Pancake/Scrambled Eggs - Skim MB</p> <p><b>LUNCH:</b> Roast Chicken/Casser S. Casserole Pasta Casserole/Grapes</p> <p><b>SNACK:</b> Apple Pie Cookies Skim MB</p>	<p>22 <b>BREAKFAST:</b> Pancake/Toast Fruit/Gluten MB</p> <p><b>LUNCH:</b> Sauté Pot/Wheat Nut Lentil &amp; Herb Pasta Casser Vegetables</p> <p><b>SNACK:</b> Peas and Butter &amp; Jelly or Peanut Butter</p>
<p>26 <b>BREAKFAST:</b> Oily Corned Beef/Gluten MB</p> <p><b>LUNCH:</b> Shrimp Sauté Ham Sauté Red Potatoes Sautéed - Wheat Nut</p> <p><b>SNACK:</b> Lentil Meat Sautéed/Apple</p>	<p>28 <b>BREAKFAST:</b> Milk/Yogurt/Fruit Smoothie/Skim MB</p> <p><b>LUNCH:</b> Crispy Chicken Sautéed - Dressings Wheat Nut</p> <p><b>SNACK:</b> Hard-Boiled Egg Wheat Crackers</p>	<p>27 <b>BREAKFAST:</b> Waffle/Scrambled Fruit/Gluten MB</p> <p><b>LUNCH:</b> Roast Potatoes Shrimp Vegetables Fruit/Rice - Wheat Pot</p> <p><b>SNACK:</b> Pumpkin Gnocchi Cass Skim MB</p>	<p>29 <b>ADS CLOSED</b></p>	<p>30 <b>ADS CLOSED</b></p>

CATHOLIC CHARITIES ADULT DAY SERVICES

"MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE"