










CATHOLIC CHARITIES ADULT DAY SERVICES



NOVEMBER MENU 2019



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	BREAKFAST: Dry Cereal/Fruit Skim Milk LUNCH: Butter Crumb Tilapia Capri Vegetables Rice Pilaf/Wheat Roll SNACK: Sliced Pineapples Wheat Crackers
4	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Hawaiian Ham Baked Potato Vegetable Blend SNACK: Peanut Butter on Wheat Crackers	5	 BREAKFAST: Monte Cristo Casserole Fruit/Skim Milk LUNCH: Lime Tarragon Chicken Rice Pilaf/Carrots Wheat Roll SNACK: Yogurt Bagels Juice	6	BREAKFAST: Oatmeal/Toast Fruit, Skm Milk LUNCH: Meatloaf/Red Cabbage Mashed Potatoes Sliced Pears SNACK: Soup Wheat Crackers	7	BREAKFAST: Eggs, Toast, Fruit Bacon, Milk LUNCH: Crispy Baked Chicken Baked Swt Potato Capri Vegetables SNACK: Chili Crackers 	8	 BREAKFAST: Dry Cereal Fruit/Sk Milk LUNCH: Potato Crusted Cod Oven Potatoes Green Peas SNACK: String Cheese Apple Juice
11	 Veteran's Day Bkst. BREAKFAST: Pancakes/sausage Eggs/Fruit/Skim Milk LUNCH: Swiss Steak Mashed Potatoes Gr. Bean Casserole SNACK: Grapes Cheese Cubes	12	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Chicken Cordon Bleu Roasted Potatoes Brussels Sprouts SNACK: Caramel Apple Chesecake Cup/skm mlk	13	BREAKFAST: Fruit Smoothie Toast/Yogurt/Skim Milk LUNCH: Pot Roast/Sauerkraut Mashed Potatoes Wheat Roll/Apple Crisp SNACK: Ham & Cheese Pinwheels/skm mlk	14	BREAKFAST: Egg Bake/Toast Fruit/Skm Milk LUNCH: Chicken Stir Fry Vegetables Fried Rice SNACK: Apple Slices Peanut Butter	15	 BREAKFAST: Dry Cereal/Fruit Skim Milk LUNCH: Deep Dish Pizza Salad/Wheat Roll Grapes SNACK: Yogurt Strawberries
18	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Chef Salad w/Dressing Grilled Chicken Wheat Dinner Roll SNACK: Wheat Pretzels Cheese Cubes	19	 BREAKFAST: Bagels/Fruit Yogurt/ Skm Milk LUNCH: Pork Roast/Sauerkraut Mashed Potatoes Peach Parfait SNACK: Cran-Apple Cobbler Skm Milk	20	 BREAKFAST: French Toast/Eggs Fruit/Skm.Mlk. LUNCH: Reuben Sandwich Macaroni Salad Fresh Fruit Cup SNACK: Trail Mix Apple Juice	21	BREAKFAST: Biscuits/Sausage Eggs/ Skm Milk LUNCH: Baked Ziti/Cauliflower lt. Sausage French Bread/Grapes SNACK: Apple Pie Cookies Skm Milk.	22	BREAKFAST: Oatmeal/Toast Fruit/Skm Milk LUNCH: Baked Fish/Wheat Roll Lemon & Herb Pasta Capri Vegetables SNACK: Peanut Butter & Jelly on Wheat Bread
25	BREAKFAST: Dry Cereal Banana/Skm Milk LUNCH: Glazed Baked Ham Baked Swt. Potato Broccoli/ Wheat Roll SNACK: Lunch Meat Sandwich/Juice	26	 BREAKFAST: Muffin/Yogurt/Fruit Smoothies/Skm Milk LUNCH: Crispy Chicken Salad w/ Dressings Wheat Roll SNACK: Hard Boiled Egg Wheat Crackers	27	BREAKFAST: Waffles/Sausage Fruit/Skm.Mlk. LUNCH: Beef Stir Fry Mixed Vegetables Fried Rice/ Wheat Roll SNACK: Pumpkin Crunch Cake Skiim Milk	28	ADS CLOSED	29	ADS CLOSED
									

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MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE

