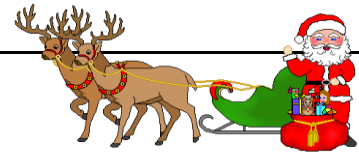




CATHOLIC CHARITIES ADULT DAY SERVICES



DECEMBER MENU 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	BREAKFAST: Dry Cereal Fruit, Skim Milk LUNCH: Hawaiian Ham Baked Potato Vegetable Blend SNACK: Apple Pie Cookie Peanuts	3	BREAKFAST: Biscuits/Sausage Gravy Fruit/ Skim Milk LUNCH: Lime Tarragon Chicken Rice Pilaf/Carrots Wheat Roll SNACK: Pumpkin Muffin Yogurt	4	BREAKFAST: Eggs,Bacon, Toast Skim Milk/ Fruit LUNCH: Meatloaf/Red Cabbage Mashed Potatoes Sliced Pears SNACK: Santa Fruit Cup String Cheese	5	BREAKFAST: Pancake Bread Pudding/Fruit/Skm Mik LUNCH: Crispy Baked Chicken Baked Swt Potato Capri Vegetables SANCK: Pita Trees Pretzels	6	BREAKFAST: Oatmeal/Fruit Skim Milk LUNCH: Potato Crusted Cod Oven Potatoes Green Peas SNACK: Grapes Cheese Cubes
9	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Swiss Steak Mashed Potatoes Gr. Bean Casserole SNACK: Christmas Trees Wheat Crackers	10	BREAKFAST: Egg Bake/WG Toast Fruit/Skim Milk LUNCH: Chicken Cordon Bleu Roasted Potatoes Brussels Sprouts SNACK: Yogurt "Mickey" Edible Hats	11	BREAKFAST: Fruit Smoothie,Yogurt Fruit, Muffin,Skm Milk LUNCH: Pot Roast/Sauerkraut Mashed Potatoes Wheat Roll/Apple Crisp SNACK: Star Sandwiches Wheat Pretzels	12	BREAKFAST: Eggs, French Toast, Fruit, Milk LUNCH: Chicken Stir Fry Vegetables Fried Rice SNACK: Christmas Trail Mix Apple Juice	13	BREAKFAST: Dry Cereal Fruit/Sk Milk LUNCH: Deep Dish Pizza Salad/Wheat Roll Grapes SNACK: String Ch. Snowman EggNog
16	BREAKFAST: Oatmeal Fruit/Skim Milk LUNCH: Chef Salad w/Dressing Grilled Chicken Wheat Dinner Roll SNACK: Snowman Fruit ka-bob Cheese Cubes	17	BREAKFAST: Muffin/ Yogurt Fruit/Skim Milk LUNCH: Pork Roast/Sauerkraut Mashed Potatoes Peach Parfait SNACK: Peanut Butter Deer Wheat Pretzels	18	BREAKFAST: Chirstmas Bulb pancake Fruit/Skim Milk LUNCH: Reuben Sandwich Macaroni Salad Fresh Fruit Cup SNACK: Apple Spice Cobbler Wheat Crackers-Cocoa	19	BREAKFAST: Toasted Bagels Fruit/Skm Milk LUNCH: Baked Ziti/Cauliflower lt. Sausage French Bread/Grapes SNACK: Melted Snowman Cupcake/Pretzes/Juice	20	BREAKFAST: Dry Cereal/Fruit Skim Milk LUNCH: Baked Fish/Wheat Roll Lemon & Herb Pasta Capri Vegetables SNACK: Yogurt Strawberry Santas
23	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Glazed Baked Ham Baked Swt. Potato Broccoli/ Wheat Roll SNACK: Wheat Crackers Fruit "Wreath"	24	ADS CLOSED 	25	ADS CLOSED 	26	BREAKFAST: Oatmeal/Fruit Skm Milk LUNCH: Crispy Chicken Salad w/ Dressings Wheat Roll SNACK: Grapes Pretzels	27	BREAKFAST: Cereal Fruit/Skm Milk LUNCH: Tilapia/Rice Pilaf Caprii Vegetables Wheat Dinner Roll SNACK: Pineapple Chunks Cottage Cheese
30	BREAKFAST: Dry Cereal Banana/Skm Mik LUNCH: Hawaiian Ham Baked Potato Vegetable Blend SNACK: Strawberries Yogurt	31	BREAKFAST: Waffles/Sausage Fruit/ Skim Milk LUNCH: Lime Tarragon Chicken Rice Pilaf/Carrots Wheat Roll SNACK: Soup Wheat Crackers	1	ADS CLOSED NEW YEAR'S DAY 				

CATHOLIC CHARITIES ADULT DAY SERVICES

MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE

