











CATHOLIC CHARITIES ADULT DAY SERVICES

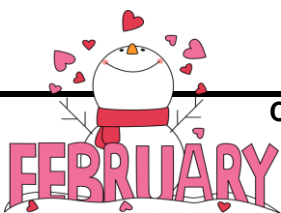


# FEBRUARY MENU 2020

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	<b>BREAKFAST:</b> Dry Cereal/Fruit Toast/Skm Milk <b>LUNCH:</b> Swiss Steak Mashed Potatoes Gr. Bean Casserole <b>SNACK:</b> Nutri Grain Bar Apple Juice	4	<b>BREAKFAST:</b> Biscuits/Sausage gravy Fruit/ Skim Milk <b>LUNCH:</b> Chicken Cordon Bleu Roasted Potatoes Brussels Sprouts <b>SNACK:</b> Mini Corn Dogs Milk, Crackers	5	 <b>BREAKFAST:</b> Muffin/Yogurt/Fruit Fruit/Skm Milk <b>LUNCH:</b> Pot Roast/Sauerkraut Mashed Potatoes Wheat Roll/Apple Crisp <b>SNACK:</b> Cottage Cheese Pineapple slices	6	<b>BREASKFAST:</b> French Toast/Fruit Sausage/ Skm Milk <b>LUNCH:</b> Chicken Stir Fry Vegetables Fried Rice <b>SANCK:</b> Cheese Cubes Wheat Pretzels	7	 <b>BREAKFAST:</b> Cereal/Fruit Skim Milk <b>LUNCH:</b> Deep Dish Pizza Salad/Wheat Roll Grapes <b>SNACK:</b> PB on wheat crackers/ Juice
10	<b>BREAKFAST:</b> Dry Cereal Banana/Skim Milk <b>LUNCH:</b> Chef Salad w/Dressing Grilled Chicken Wheat Dinner Roll <b>SNACK:</b> Val. Cupcake Pretzels/Juice	11	 <b>BREAKFAST:</b> Fruit Smoothie/Fruit Toast/Yogurt/Skm Milk <b>LUNCH:</b> Pork Roast/Sauerkraut Mashed Potatoes Peach Parfait <b>SNACK:</b> Pepperoni & Cheese Crackers	12	<b>BREAKFAST:</b> Bagels/Yogurt/Skm Milk Blueberries/Strawberries <b>LUNCH:</b> Reuben Sandwich Macaroni Salad Fresh Fruit Cup <b>SNACK:</b> Heart Ka-bobs Yogurt	13	 <b>BREAKFAST:</b> Love emoji pancake Strawberries/Skim Milk <b>LUNCH:</b> Baked Ziti/Cauliflower Lt. Sausage French Bread/Grapes <b>SNACK:</b> Valentine's trail Mix Juice	14	<b>BREAKFAST:</b> Oatmeal/Toast/Yogurt Blueberries/Sk Milk <b>LUNCH:</b> Baked Fish/Wheat Roll Lemon & Herb Pasta Capri Vegetables <b>SNACK:</b> PB & Jelly Heart Sandwich, Pretzels
17	<b>BREAKFAST:</b> Dry Cereal Fruit/Skim Milk <b>LUNCH:</b> Turkey breast Steamed carrots Sweet Potatoes <b>SNACK:</b> Hot Soup Wheat Crackers	18	 <b>BREAKFAST:</b> French Toast/Sausage Fruit/Skim Milk <b>LUNCH:</b> Chopped Salad Crispy Fried Chicken WG Bread <b>SNACK:</b> Cherry Cobbler Wheat Crackers	19	 <b>BREAKFAST:</b> Eggs/Bacon/Toast Fruit/Skm Milk <b>LUNCH:</b> Beef Roast Mashed Potatoes Gr. Beans <b>SNACK:</b> Popcorn Chicken Milk, Crackers	20	 <b>BREAKFAST:</b> WG-Toast/Yogurt Fruit/Skm Milk <b>LUNCH:</b> Meatloaf/Garlic Potatoes Brussels Sprouts Chilled Pears <b>SNACK:</b> Cheese Cubes Grapes	21	<b>BREAKFAST:</b> Dry Cereal/Fruit Skim Milk <b>LUNCH:</b> Tilapia/Rice Pilaf Capri Vegetables Wheat Dinner Roll <b>SNACK:</b> Lunch Meat sandwich Wheat Pretzels
24	 <b>BREAKFAST:</b> Oatmeal/Toast Fruit/Sk Milk <b>LUNCH:</b> Hawaiian Ham Baked Potato Vegetable Blend <b>SNACK:</b> Apple Slices with Peanut Butter	25	<b>BREAKFAST:</b> Waffles/ Sausage Fruit/Skim Milk <b>LUNCH:</b> Baked Chicken Mashed Pot./Carrots Wheat Roll <b>SNACK:</b> Yogurt Fruit	26	<b>ASH WEDNESDAY</b> <b>BREAKFAST:</b> Mixed Fruit Smoothie Toast/Yogurt/Skm Milk <b>LUNCH:</b> Meatloaf/Red Cabbage Mashed Potatoes Sliced Pears <b>SNACK:</b> Apple Butter Toast Pretzels	27	 <b>BREAKFAST:</b> Biscuits/Sausage patty Fruit/Skm Milk <b>LUNCH:</b> Crispy Baked Chicken Baked Swt Potato Capri Vegetables <b>SNACK:</b> Pasta Salad Tomatoes	28	 <b>BREAKFAST:</b> Dry Cereal Fruit/Skm Milk <b>LUNCH:</b> Potato Crusted Cod Oven Potatoes Green Peas <b>SNACK:</b> String Cheese Wheat Crackers



\*WG= WHOLE GRAIN  
 \* ALL MILK IS SKIM



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\*\*MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE\*\*