









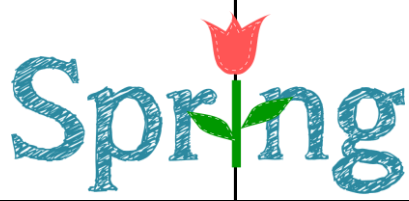


CATHOLIC CHARITIES ADULT DAY SERVICES



MARCH MENU 2020

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	BREAKFAST: Dry Cereal/Fruit Toast/Skm Milk LUNCH: Swiss Steak Mashed Potatoes Gr. Bean Casserole SNACK: Cheese Cubes Wheat Pretzels	 3 BREAKFAST: Muffin/Yogurt/Fruit Skm Milk LUNCH: Chicken Cordon Bleu Roasted Potatoes Brussels Sprouts SNACK: Crescent Pinwheels Apple Juice	4 BREAKFAST: Egg Bake, Toast Fruit, Skm Milk LUNCH: Pot Roast/Sauerkraut Mashed Potatoes Wheat Roll/Apple Crisp SNACK: Cottage Cheese Sliced Peaches	5 BREASKFAST: Biscuits/Saus.Gravy Fruit, Skm Milk LUNCH: Chicken Stir Fry Vegetables Fried Rice SANCK: Sliced Cucumbers Wheat Crackers	6 BREAKFAST: Cereal/Fruit Skim Milk LUNCH: Deep Dish Pizza Salad/Wheat Roll Grapes SNACK: Wheat Pretzels Grape Juice				
9	BREAKFAST: Dry Cereal Banana/Skim Milk LUNCH: Chef Salad w/Dressing Grilled Chicken Wheat Dinner Roll SNACK: Nutella on Wheat With Bananas	 10 BREAKFAST: Fruit Smoothie/Fruit Toast/Yogurt/Skm Milk LUNCH: Ham Loaf/Vegetables Scalloped Potatoes Peach Parfait SNACK: Soup Wheat Crackers	 11 BREAKFAST: Eggs/Bacon/Toast Fruit/Skm Milk LUNCH: Reuben Sandwich Macaroni Salad Fresh Fruit Cup SNACK: Blueberries Yogurt	 12 BREAKFAST: Bagels/Yogurt/Skm Milk Mixed Fruit LUNCH: Baked Ziti/Cauliflower Lt. Sausage French Bread/Grapes SNACK: Tail Gate Sandwich Wheat Pretzels	13 BREAKFAST: Oatmeal/Toast/Yogurt Fruit/Sk Milk LUNCH: Baked Fish/Wheat Roll Lemon & Herb Pasta Capri Vegetables SNACK: String Cheese Wheat Crackers				
16	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Ham.Swt Potatoes Broccoli Peaches SNACK: Trail Mix Juice	 17 Happy St. Patty's! BREAKFAST: Pancake/Eggs/Sausage Fruit/Skim Milk LUNCH: Chopped Salad Crispy Fried Chicken WG Bread SNACK: Irish Nachos Water	 18 BREAKFAST: Monte Crisco casserole Fruit/Skm Milk LUNCH: Beef Stir-Fry Fired Rice Wheat Roll/Juice SNACK: Orange Slices Wheat Pretzels	19 BREAKFAST: Waffles/Chicken Fruit/Skm Milk LUNCH: Meatloaf/Garlic Potatoes Brussels Sprouts Chilled Pears SNACK: Cherry Tomatoes w/Ranch/Crackers	20 BREAKFAST: Dry Cereal/Fruit Skim Milk LUNCH: Tilapia/Rice Pilaf Caprii Vegetables Wheat Dinner Roll SNACK: Peanut Butter sandwich Wheat Pretzels				
23	BREAKFAST: Oatmeal/Toast Fruit/Sk Milk LUNCH: Hawaiian Ham Baked Potato Vegetable Blend SNACK: Lunch meat sandwich Crackers	 24 BREAKFAST: English muffins Fruit/Skim Milk LUNCH: Baked Chicken Mashed Pot./Carrots Wheat Roll SNACK: Tuna Salad Sandwich Wheat Pretzels	25 BREAKFAST: French Toast/Sausage Fruit/Skm Milk LUNCH: Meatloaf/Red Cabbage Mashed Potatoes Sliced Pears SNACK: Mixed Veggies Hummus & crackers	 26 BREAKFAST: Fruit Smoothie/Fruit Toast/Yogurt/Skm Milk LUNCH: Crispy Baked Chicken Baked Swt Potato Capri Vegetables SNACK: Corn Dogs Pretzels	27 BREAKFAST: Dry Cereal Fruit/Skm Milk LUNCH: Potato Crusted Cod Oven Potatoes Green Peas SNACK: PB Crackers Cheese				
30	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Swiss Steak Mashed Potatoes Gr. Bean Casserole SNACK: Hard Boiled Egg Wheat Crackers	31 BREAKFAST: Biscuits/Sausage Fruit/Skim Milk LUNCH: Chicken Cordon Bleu Roasted Potatoes Brussels Sprouts SNACK: Mixed Berry Cobbler Pretzels							



*WG= WHOLE GRAIN
* ALL MILK IS SKIM

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MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE

