

CATHOLIC CHARITIES ADULT DAY SERVICES



NOVEMBER 2020



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	BREAKFAST: Dry Cereal/Fruit Skim Milk LUNCH: Macaroni & Chesse Steward Tomatoes Banana Pudding SNACK: Peanutbutter Sandwich Pretzels	3	BREAKFAST: Muffin/ Yogurt Fruit/Skim Milk LUNCH: Chicken Cordon Bleu Roasted Potato Brussels Sprouts SNACK: Cubed Chesse Wheat Crackers	4	BREAKFAST: Oatmeal/Fruit Skim Milk LUNCH: Pork Roast/Sauerkraut Mashed Potato Apple Crisp SNACK: Peach Cobbler String Chesse	5	BREASKFAST: Bagels/Yogurt Fruit/ Skim Milk LUNCH: Chicken Stir Fry Fried Rice Orange Sherbert SNACK: PeanutButter Crackers Apple Juice	6	BREAKFAST: Dry Cereal/Fruit Skim Milk LUNCH: Deep Dish Pizza Tossed Sald Scone SNACK: Nacho and Chesse Juice
9	BREAKFAST: Dry Cereal Fruit/ Skim Milk LUNCH: Chef Salad with Grilled Chicker Éclair SNACK: Muffins Fruit Cup	10	BREAKFAST: Waffles/Sausage Fruit/Skim Milk LUNCH: Ham Loaf/Potato Sliced Carrots Peach Parfait SNACK: English Muffin/Banana Peanut Butter	11	BREAKFAST: Breakfast Casserole Toast/Fruit/Skim Milk LUNCH: Spicy Pork Tips Macaroni Salad Fresh Fruit Cup SNACK: Harvest Trail Mix Apple Juice	12	BREAKFAST: Oatmeal/Fruit Skim Milk LUNCH: Baked Ziti/ Italian Sausage Cauliflower/French Bread Grapes SNACK: Pressuto Apple Juice	13	BREAKFAST: Dry Cereal Fruit/ Skim Milk LUNCH: Beer Battered Fish French Fries/Coleslaw Lemon Pie SNACK: Pumpkin Roll Pretzels
16	BREAKFAST: Dry Cereal Fruit/ Skim Milk LUNCH: Ham/ Baked Sweet Potato Broccoli Florets Sliced Peaches SNACK: Cottage Chesse Pineapple	17	BREAKFAST: SausageGravy/Biscuits Fruit / Skim Milk LUNCH: Crispy Chicken Salad Assorted Salad Dressing Chocolate Cream SNACK: Mini Peperoni Pizza Fruit	18	BREAKFAST: Oatmeal/ Fruit Skim Milk LUNCH: Beef Stir Fry w/ Vegetables Fried Rice/Skim Milk Vanilla Cupcake SNACK: Ham and Chesse Sliders Pretzels	19	BREAKFAST: English Muffin w/egg and Bacon LUNCH: Turkey/Green Beans Mashed Potato/Rolls Pumpkin Roll SNACK: Peanut Butter Apple Slices	20	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Butter Crumb Tilapia Rice Pilaf/Capri Vegetable Lemon Bar SNACK: Cubed Chesse Wheat Crackers
23	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Hawaiian Ham Twiced Baked Potato Price Edward Blend Snack: Fruit Cup String Chesse	24	BREAKFAST: Oatmeal Fruit/Skim Milk LUNCH: Baked Chicken/Carrots Mashed Potatoes Chocolate Pudding SNACK: Taco Pizza Rolls Fruit	25	BREAKFAST: Muffins/ Fruit Skim Milk LUNCH: Meatloaf/Cabbage Mashed Potato & Gravy Sliced Pears SNACK: Yogurt Wheat Crackers	26	CLOSED ADS 	27	CLOSED ADS
30	BREAKFAST: Dry Cereal Fruit/ Skim Milk LUNCH: Macaroni & Chesse Stewed Tomatoes Banana Pudding Dessert SNACK: Orange Slices Wheat Crackers								

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MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE

*WG= WHOLE GRAIN

* ALL MILK IS SKIM