

CATHOLIC CHARITIES ADULT DAY SERVICES



FEBRUARY 2021

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	BREAKFAST: Dry Cereal Fruit/ Skim Milk LUNCH: Chef Salad/Grilled Chicken WG-Bread/Éclair Skim Milk SNACK: String Cheese Peaches	2	BREAKFAST: Sausage Gravy/Biscuit Fruit/ Skim Milk LUNCH: Ham Loaf/Carrots Scalloped Potatoes/Parfait Skim Milk SNACK: English Muffin w/Peanutbutter/Banana	3	BREAKFAST: Oatmeal/ Fruit Skim Milk LUNCH: Spicy Pork Tips Macaroni Salad/Fruit Cup Cookie/Skim Milk SNACK: Cottage Cheese Pineapples	4	BREAKFAST: Eggs/ Bacon/ WG-Toast Fruit/Skim Milk LUNCH: Baked Ziti/Italian Sausage Cauliflower/Grapes Skim Milk SNACK: Apple Sauce Cubed Cheese	5	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Beer Battered Fish French Fries/Coleslaw Lemon Pie/Skim Milk SNACK: Chilli Wheat Crackers
8	BREAKFAST: Dry Cereal Fruit/ Skim Milk LUNCH: Ham/Sweet Potato Broccoli Sliced Peaches/Skim Milk SNACK: Peanutbutter Crackers Peaches	9	BREAKFAST: Sausage English Muffin Fruit/Skim Milk LUNCH: Crispy Chicken Salad WG-Bread/Chocolate Pie Skim Milk SNACK: Cubed Cheese Wheat Crackers	10	BREAKFAST: Oatmeal/Fruit Skim Milk LUNCH: Beef Stir Fry w/Veggies Fried Rice/Cupcake Skim Milk SNACK: Apple Sauce String Chesse	11	BREAKFAST: Pancakes/Sausage Links Fruit/Skim Milk LUNCH: Meatloaf/Poatoes Brussel Sprouts/Pears Skim Milk SNACK: Chicken Salad on WG- Sliders	12	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Butter Crumb Tilapia Rice Pilaf/Veggies Lemon Bar/Skim Milk SNACK: Yogurt Peaches
15	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: HawaiiinHam Twiced Baked Potato Veggie Blend/Skim Milk SNACK: Cottage Chesse Pineapples	16	BREAKFAST: French Toast Sticks Sausage/Fruit/Skim Milk LUNCH: Pancake/Egg/Potatoes Sausage/Doughnut SkimMilk SNACK: Peanutbutter on WG-Toast	17	BREAKFAST: Oatmeal/Fruit Skim Milk LUNCH: Meatloaf/Mashed Potato Cabbage/WG- Bread Pears/SkimMilk SNACK: Srtng Cheese Pears	18	BREAKFAST: Sausage Gravy/Biscuit Fruit/Skim Milk LUNCH: Crispy Baked Chicken Sweet Potato/Veggie Blend SkimMilk SNACK: Grapes Cheese Cubes	19	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Potato Encrusted Cod Oven Browned Potatoes Green Beans/ SkimMilk SNACK: Vegetable Soup Wheat Crackers
22	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Macaroni &Cheese Stewed Tomatoes Fruit/Skim Milk SNACK: AppleSauce String Cheese	23	BREAKFAST: Bagel/Yogurt Fruit/Skim Milk LUNCH: Chicken Cordon Bleu Brussel Sprouts WG-Bread/Skim Milk SNACK: Yogurt Peaches	24	BREAKFAST: Oatmeal Fruit/Skim Milk LUNCH: Pork Roast/SauerKraut Apple Crisp WG-Bread/SkimMilk SNACK: Peanutbutter Crackers Mixed Fruit	25	BREAKFAST: Muffin/Fruit Skim Milk LUNCH: Chicken Stir Fry Steamed Veggies WG- Bread/Skim Milk SNACK: English Muffin w/Peanuttbutterand Banana	26	BREAKFAST: Dry Cereal Fruit/Skim Milk LUNCH: Deep Dish Cheese Pizza Tossed Salad Scone/SkimMilk SNACK: Cubed Cheese Wheat Crackers



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

***WG= WHOLE GRAIN**

*** ALL MILK IS SKIM**