

CATHOLIC CHARITIES ADULT DAY SERVICES



# JANUARY 2021



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	<b>ADS CLOSED</b> 
4	<b>BREAKFAST:</b> Dry Cereal Fruit/ Skim Milk <b>LUNCH:</b> Chef Salad with Grilled Chicken Éclair/ Skim Milk <b>SNACK:</b> Grapes Cubed Cheese	5	<b>BREAKFAST:</b> Eggs, Bacon Fruit Cup/ Skim Milk <b>LUNCH:</b> Ham Loaf/Potato Sliced Carrots Peach Parfait/Skim Milk <b>SNACK:</b> Apple Cobbler/ Wheat Crackers	6	<b>BREAKFAST:</b> Oatmeal/Fruit Skim Milk <b>LUNCH:</b> Spicy Pork Tips Macaroni Salad Fruit Cup/ Skim Milk <b>SNACK:</b> Cottage Cheese Pineapples	7	<b>BREAKFAST:</b> Biscuit/SausageGravy Fruit/Skim Milk <b>LUNCH:</b> Baked Ziti/ Italian Sausage Cauliflower/French Bread Grapes/SkimMilk <b>SNACK:</b> Yogurt String Cheese	8	<b>BREAKFAST:</b> Dry Cereal Fruit/ Skim Milk <b>LUNCH:</b> Beer Battered Fish French Fries/Coleslaw Lemon Pie/SkimMilk <b>SNACK:</b> Peanut Butter / Banana English Muffin
11	<b>BREAKFAST:</b> Dry Cereal Fruit/ Skim Milk <b>LUNCH:</b> Ham/ Baked Sweet Potato Broccoli Florets/Skm Mlk Sliced Peaches <b>SNACK:</b> Peanutbutter Crackers FruitCup	12	<b>BREAKFAST:</b> Muffin/Fruit Skim Milk <b>LUNCH:</b> Crispy Chicken Salad Assorted Salad Dressing Chocolate Pie/ Skim Milk <b>SNACK:</b> Cottage Cheese Pineapples	13	<b>BREAKFAST:</b> Oatmeal/ Fruit Skim Milk <b>LUNCH:</b> Beef Stir Fry w/ Vegetables Fried Rice/Skim Milk Vanilla Cupcake <b>SNACK:</b> Chilli Crackers	14	<b>BREAKFAST:</b> Pancake/Sausage Fruit/Skim Milk <b>LUNCH:</b> Meatloaf/Garlic Potatoes Brussel Sprouts/ Pears Wheat Roll/Skim Milk <b>SNACK:</b> Fruit Pizza Crackers w/Cream Cheese	15	<b>BREAKFAST:</b> Dry Cereal Fruit/Skim Milk <b>LUNCH:</b> Butter Crumb Tilapia Rice Pilaf/Capri Vegetable Lemon Bar/ Skim Milk <b>SNACK:</b> Chicken Salad Sandwich Pretzels
18	<b>ADS CLOSED</b> 	19	<b>BREAKFAST:</b> Dry Cereal Fruit/Skim Milk <b>LUNCH:</b> Baked Chicken/Carrots Mashed Potato Pudding/Skim Milk <b>SNACK:</b> Veggies /Dip Crackers	20	<b>BREAKFAST:</b> Muffins/Fruit Skim Milk <b>LUNCH:</b> Meatloaf/Cabbage Mashed Potato/Pears Wheat Roll/ Skim Milk <b>SNACK:</b> Cottage Cheese Pineapples	21	<b>BREAKFAST:</b> Oatmeal/Fruit Skim Milk <b>LUNCH:</b> Crispy Baked Chicken Baked Sweet Potato Vegetables/Skim Milk <b>SNACK:</b> Peanutbutter Crackers Pears	22	<b>BREAKFAST:</b> Dry Cereal Fruit/Skim Milk <b>LUNCH:</b> Potato Encrusted Cod Oven Browned Potatoes Green Beans/ Skim Milk <b>SNACK:</b> Tomato Soup Crackers
25	<b>BREAKFAST:</b> Dry Cereal/ Fruit Skim Milk <b>LUNCH:</b> Macaroni&Cheese StewedTomato/Skm Mlk WG Bread/ Pudding <b>SNACK:</b> Peanutbutter Sandwich Grapes	26	<b>BREAKFAST:</b> Eggs/Bacon Fruit/Skim Milk <b>LUNCH:</b> Chicken CordonBleu Brussels Sprouts WG Bread/Skim Milk <b>SNACK:</b> Cherry Cobbler Wheat Crackers	27	<b>BREAKFAST:</b> Oatmeal/Fruit Skim Milk <b>LUNCH:</b> Pork Roast/Sauerkraut Apple Crisp WG Bread /Skim Milk <b>SNACK:</b> Chicken Noodle Soup Crackers	28	<b>BREAKFAST:</b> FrenchToast/ Sausage Fruit/ Skim Milk <b>LUNCH:</b> Chicken Stir Fry Steamed Vegetables WG Bread/Skm Mlk <b>SNACK:</b> Yogurt String Cheese	29	<b>BREAKFAST:</b> Dry Cereal/Fruit Skim Milk <b>LUNCH:</b> Deep Dish Cheese Pizza W/ Chsses & Pepperoni Tossed Salad/ Skim Milk <b>SNACK:</b> Cheese Cubes Crackers

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

\*WG= WHOLE GRAIN

\* ALL MILK IS SKIM