











CATHOLIC CHARITIES ADULT DAY SERVICES



APRIL 2021



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1	BREAKFAST: Eggs, Bacon, WG-Toast Skim Milk/Fruit LUNCH: Baked Ziti/Italian Sausage Cauliflower/Grapes Skim Milk SNACK: Cottage Cheese Pineapples	2	ADS CLOSED 
5	BREAKFAST: Dry Cereal/ Fruit WG-Toast/Skim Milk LUNCH: Spaghettiw/Meat Sauce Veggies/Garlic Toast Skim Milk SNACK: Veggies/Dip Cubed Cheese	6	 BREAKFAST: Sausage English Muffin Fruit/Skim Milk LUNCH: Crispy Chicken Salad WG-Bread/Chocolate Pie Skim Milk SNACK: Cheese Nips Juice	7	 BREAKFAST: Oatmeal/WG Toast Skim Milk/Fruit LUNCH: Beef Stir Fry/Veggies Fried Rice/wg-Bread Skim Milk SNACK: Applesauce Muffins Yogurt	8	 BREAKFAST: French Toast/Bacon Fruit/Skim Milk LUNCH: Meatloaf/Poatoes Brussel Sprouts/Pears Skim Milk SNACK: Peanutbutter Crackers Fruit Cup	9	BREAKFAST: Dry Cereal/WG-Toast Fruit/Skim Milk LUNCH: Butter Crumb Tilapia Rice Pilaf/Veggies Lemon Bar/Skim Milk SNACK: Mini Pepperoni&Cheese Apple Juice
12	BREAKFAST: Dry Cereal/ Wg- Toast Fruit/Skim Milk LUNCH: HawaiinHam Twiced Baked Potato Veggie Blend/Skim Milk SNACK: Grilled Cheese Sandwich Apple Juice	13	 BREAKFAST: Hard Boiled Eggs/Fruit Skim Milk/Wg Toast LUNCH: Baked Chicken/Carrots Mashed Potato/Wg Bread SkimMilk SNACK: Peach Cobbler String Cheese	14	 BREAKFAST: Oatmeal/ Wg Toast Skim Milk/Fruit LUNCH: Meatloaf/Mashed Potato Cabbage/Skim Milk Skim Milk SNACK: Cottage Cheese Pineapples	15	BREAKFAST: Blueberry Muffins/Wg toast Skim Milk/ Fruit LUNCH: Crispy Baked Chicken Sweet Potato/Veggie Blend Wg Bread/Skim Milk SNACK: Peanutbutter English Muffin w/Banana	16	BREAKFAST: Dry Cereal/Wg Toast Fruit/SkimMilk LUNCH: Potato Encrusted Cod Oven Browned Potatoes Green Beans/ SkimMilk SNACK: Applesauce String Cheese
19	BREAKFAST: Dry Cereal/ WG- Toast Fruit/Skim Milk LUNCH: Macaroni & Cheese Stewed Tomatoes Fruit/Skim Milk SNACK: Peanutbutter Sandwich Juice	20	BREAKFAST: Eggs, Bacon, wg toast Fruit/Skim Milk LUNCH: Chicken Cordon Bleu Brussel Sprouts WG-Bread/Skim Milk SNACK: Applesauce String Cheese	21	 BREAKFAST: Banana nut Muffins/WG Fruit/Skim Milk LUNCH: Pork Roast/SauerKraut Apple Crisp WG-Bread/SkimMilk SNACK: Cheese Nips Fruit Cup	22	BREAKFAST: Oatmeal/Fruit Skim Milk / Wg Toast LUNCH: Chicken Stir Fry Steamed Veggies WG- Bread/Skim Milk SNACK: Strawberries Wheat Crackers	23	 BREAKFAST: Dry Cereal/WG-Toast Fruit/Skim Milk LUNCH: Deep Dish Cheese Pizza Tossed Salad Scone/SkimMilk SNACK: Little Mini Hamburgers Apple Juice
26	BREAKFAST: Dry Cereal/ WG- Toast Fruit /Skim Milk LUNCH: Chef Salad w/Chicken WG - Bread/ Skim Milk SNACK: Apple Cobbler String Cheese	27	 BREAKFAST: Yogurt/Bagels Fruit/Skim Milk LUNCH: Ham Loaf/Potatoes Carrots/Skim Milk/ Fruit SNACK: Veggies/Dip Wheat Crackers	28	BREAKFAST: Oatmeal/Wg toast Fruit/Skim Milk LUNCH: Spicy Pork Tips/Fruit WG-Bread/SkimMilk SNACK: Banana Nut Muffins Juice	29	 BREAKFAST: Pancakes/Sausage skim milk/Fruit LUNCH: Baked Ziti/Italian Sausage Cauliflower/Grapes SNACK: Cheese Cubes Wheat Crackers	30	BREAKFAST: Dry Cereal/WG-Toast Fruit/Skim Milk LUNCH: Beer Battered Fish/Fries Coleslaw/Skim Milk SNACK: Yogurt Peaches

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

*WG= WHOLE GRAIN

* ALL MILK IS SKIM