

CATHOLIC CHARITIES ADULT DAY SERVICES



MARCH 2021



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	BREAKFAST: Dry Cereal/ Wg Toast WG-Toast/Skim Milk LUNCH: Chef Salad/Grilled Chicken WG-Bread/Éclair Skim Milk SNACK: Peanutbutter English Muffin w/ Banana	2	BREAKFAST: Diced Ham Egg Bake Fruit/ Skim Milk /Wg Toast LUNCH: Ham Loaf/Carrots Scalloped Potatoes/Parfait Skim Milk SNACK: Apple Sauce String Cheese	3	BREAKFAST: Oatmeal / Wg Toast Fruit/ Skim Milk LUNCH: Spicy Pork Tips Macaroni Salad/Fruit Cup Cookie/Skim Milk SNACK: Rainbow Fruit Skewers Cubed Cheese	4	BREAKFAST: French Toast/ Sausage Skim Milk/ Fruit LUNCH: Baked Ziti/Italian Sausage Cauliflower/Grapes Skim Milk SNACK: Cottage Cheese Pineapples	5	BREAKFAST: Dry Cereal/ Wg Toast Fruit/Skim Milk LUNCH: Beer Battered Fish French Fries/Coleslaw Lemon Pie/Skim Milk SNACK: Chowder Soup Wheat Crackers
8	BREAKFAST: Dry Cereal/ Fruit WG-Toast/Skim Milk LUNCH: Ham/Sweet Potato Broccoli Sliced Peaches/Skim Milk SNACK: Veggies & Diip Wheat Crackers	9	BREAKFAST: Egg,Bacon,& Wg Toast Fruit Juice/Skim Milk LUNCH: Crispy Chicken Salad WG-Bread/Chocolate Pie Skim Milk SNACK: Cubed Cheese Wheat Crackers	10	BREAKFAST: Blueberry Muffins/Wg-Toast Skim Milk/Fruit LUNCH: Beef & Noodles/Carrots Mixed Veggies/Skim Milk Skim Milk SNACK: Crescent Apple Rollls String Cheese	11	BREAKFAST: Oatmeal/WG-Toast Fruit/Skim Milk LUNCH: Meatloaf/Poatoes Brussel Sprouts/Pears Skim Milk SNACK: Peanutbutter Crackers Fruit Cup	12	BREAKFAST: Dry Cereal/WG-Toast Fruit/Skim Milk LUNCH: Butter Crumb Tilapia Rice Pilaf/Veggies Lemon Bar/Skim Milk SNACK: Apple sauce Cubed Cheese
15	BREAKFAST: Dry Cereal/ Wg- Toast Fruit/Skim Milk LUNCH: HawaiiinHam Twiced Baked Potato Veggie Blend/Skim Milk SNACK: ST.Pattys Trail Mix Apple Juice	16	BREAKFAST: Cranberry Muffin/Fruit Skim Milk/Wg Toast LUNCH: Baked Chicken/Carrots Mashed Potato/Wg Bread SkimMilk SNACK: Yogurt Peaches	17	BREAKFAST: Oatmeal/ Wg Toast Skim Milk/Fruit LUNCH: Reuben Sandwich Macaroni Salad/Fruit C Skim Milk SNACK: Ambrosia Pistachio Wheat Crackers	18	BREAKFAST: Candian Ham English muffin Skim Milk/ Fruit LUNCH: Crispy Baked Chicken Sweet Potato/Veggie Blend Wg Bread/Skim Milk SNACK: Peanutbutter Crackers Apple Juice	19	BREAKFAST: Dry Cereal/Wg Toast Fruit/SkimMilk LUNCH: Potato Encrusted Cod Oven Browned Potatoes Green Beans/ SkimMilk SNACK: Cranberry Almond Muffin String Cheese
22	BREAKFAST: Dry Cereal/ WG- Toast Fruit/Skim Milk LUNCH: Macaroni &Cheese Stewed Tomatoes Fruit/Skim Milk SNACK: Grapes Cubed Cheese	23	BREAKFAST: Pancakes/Bacon Fruit/Skim Milk LUNCH: Chicken Cordon Bleu Brussel Sprouts WG-Bread/Skim Milk SNACK: Peanut Butter Crackers Fruit Cup	24	BREAKFAST: Oatmeal/WG-Toast Fruit/Skim Milk LUNCH: Pork Roast/SauerKraut Apple Crisp WG-Bread/SkimMilk SNACK: Cucumber& Dip Fruit Cup	25	BREAKFAST: Waffles/Sausage Fruit/Skim Milk LUNCH: Chicken Stir Fry Steamed Veggies WG- Bread/Skim Milk SNACK: Yogurt Peaches	26	BREAKFAST: Dry Cereal/WG-Toast Fruit/Skim Milk LUNCH: Deep Dish Cheese Pizza Tossed Salad Scone/SkimMilk SNACK: Applesauce String Cheese
29	BREAKFAST: Dry Cereal/ WG- Toast Fruit /Skim Milk LUNCH: Chef Salad w/Chicken WG - Bread/ Skim Milk SNACK: Mixed Fruit Salad Wheat Crackers	30	BREAKFAST: Oatmeal/WG-Toast Fruit/Skim Milk LUNCH: Ham Loaf/Carrots/Potatoes Wg-Bread/ Skim Milk SNACK: Peanutbutter Sandwich Fruit Cup	31	BREAKFAST: Apple Rasin Sausage BR. Fruit/Skim Milk LUNCH: Spicy Pork Tips/Fruit WG-Bread/SkimMilk SNACK: Peach Cobbler String Cheese				

*WG= WHOLE GRAIN

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

* ALL MILK IS SKIM