

CATHOLIC CHARITIES ADULT DAY SERVICES



JULY 2021



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1	BREAKFAST: Cereal/wg-Toast Fruit/Skim Milk LUNCH: Hamburger/Hot Dog Bun Macaroni Salad/Fruit Baked Beans/ Skim Milk SNACK: Applesauce String Cheese	2	BREAKFAST: Pancakes/Bacon Fruit/Skim Milk LUNCH: Baked Herb Fish Garlic Potatoes/Skim Milk Asparagus/WG Bread SNACK: Peanutbutter Crackers Fruit Cup
5	ADS CLOSED 	6	BREAKFAST: Dry Cereal/Wg-Toast Fruit /Skim Milk LUNCH: Honey Glazed Turkey Bread Dressing/Veggies Skim Milk/WG Bread SNACK: Peaches Yogurt	7	BREAKFAST: Waffles/Sausage Fruit Skim Milk LUNCH: Cheeseburger/Wheat Bun Macaroni Salad/ Fruit Baked Beans/Skim Milk SNACK: Cheese cubes Crackers	8	BREAKFAST: Bacon Egg Biscuit Wg- Toast/Fruit LUNCH: Fried Chicken/Potatoes Brussel Sprouts Skim Milk/WG Bread SNACK: Peanutbutter Sandwich Skim Milk	9	BREAKFAST: Cereal/Wg Toast Fruit /Skim Milk LUNCH: Chef Salad w/Turkey Wg-Bread/ Cake Skim Milk SNACK: Cheese Nips Halo Oranges
12	BREAKFAST: Cereal/Wg Toast Fruit/Skim Milk LUNCH: Chicken Stir Fry Veggies/Rice/WG Bread Skim Milk/WG Bread SNACK: Chicken Salad Sandwich Grapes	13	BREAKFAST: Sausage Gravy& Biscuit Fruit/Skim Milk LUNCH: Beef Stroganoff/Noodles Corn/Sliced Peaches Skim Milk/WG Bread SNACK: French Fries Apple Juice	14	BREAKFAST: Boiled Eggs/Wg Toast Fruit/Skim Milk LUNCH: Chef Salad w/ Ham Juice/WG Bread Skim Milk SNACK: Peanutbutter Crackers Pears	15	BREAKFAST: Cereal Wg-Toast Fruit /Skim Milk LUNCH: Cheese Ravioli Veggie Blend/Juice Skim Milk/WG Bread SNACK: Blueberry Cobbler Wheat Crackers	16	BREAKFAST: Bacon,Egg Mcmuffin Wg-Toast/Skim Milk LUNCH: Beer Battered Fish Coleslaw/French Fries Skim Milk/WG Bread SNACK: Three Bean Salad String Cheese
19	BREAKFAST: Dry Cereal/ WG- Toast Fruit/Skim Milk LUNCH: Cheese Ravioli Cauliflower/Juice Skim Milk/WG Bread SNACK: Cottage Cheese Pineapples	20	BREAKFAST: Eggs,Bacon,Wg Toast Fruit/Skim Milk LUNCH: Chicken/ Carrots Mashed Potatoes/Jello Skim Milk/WG Bread SNACK: Turkey & Cheese Wrap Grape Juice	21	BREAKFAST: French Toast /Wg-Toast Fruit/ Skim Milk LUNCH: Baked Herb Fish/Rice Veggies/Cheesecake Bar Skim Milk/WG Bread SNACK: Cherry Cobbler String Cheese	22	BREAKFAST: Dry Cereal/Wg toast Fruit/ Skim Milk LUNCH: Hotdogs/ Baked Beans Pasta Salad/ Skim Milk Banana Parfait/WG Bread SNACK: Peanutbutter Crackers Fruit Cup	23	BREAKFAST: Banana Muffin/ Wg Toast Fruit/Skim Milk LUNCH: Deep Dish Pizza/Salad Juice/Scone/WG Bread Skim Milk SNACK: Ambrosia Salad Cheese Cubes
26	BREAKFAST: Dry Cereal/Wg-Toast Fruit/Skim Milk LUNCH: Macaroni& Cheese Veggies/Sliced Peaches Skim Milk/WG Bread SNACK: Applesauce Cheese Nips	27	BREAKFAST: Oatmeal/Wg Toast Fruit/Skim Milk LUNCH: Pork Roast/Potatoes Sauerkraut/Apple Crisp Skim Milk/ WG Bread SNACK: Peanutbutter w/Banana On English Muffin	28	BREAKFAST: Sausage Gravy& Biscuit Fruit /Skim Milk LUNCH: Chef Salad w/Ham Juice/Chocolate Pie Skim Milk/WG Bread SNACK: Egg Salad Sandwich Pretzels	29	BREAKFAST: Dry Cereal/Wg-Toast Fruit/Skim Milk LUNCH: Chicken Stir Fry /Veggies Fried Rice /Honey Mellon Skim Milk/WG Bread SNACK: Little Smokies Apple Juice	30	BREAKFAST: Waffles/Bacon Skim Milk/ Fruit LUNCH: Baked Herb Fish Potatoes/Asparagus Skim Milk/WG Bread SNACK: Crackers String Cheese

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

***WG= WHOLE GRAIN**

*** ALL MILK IS SKIM**