

CATHOLIC CHARITIES ADULT DAY SERVICES



AUGUST 2021



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	BREAKFAST: Dry Cereal Skim Milk/Wg-Toast LUNCH: Chilli Dog on Wheat Bun Tator Totes/Baked Beans Skim Milk/ Watermellon SNACK: Ham Salad Sliders Fruit Cup	3	BREAKFAST: Egg & Sausage Mcmuffin Fruit/Skim Milk LUNCH: Honey Glazed Turkey Dressing/Wg-Bread/ Vegetable/Skim Milk SNACK: Red, White, Blue, Truffle String Cheese	4	BREAKFAST: Dry Cereal/Wg-Toast Skim Milk/Fruit LUNCH: Meatloaf/Corn Mashed Potatoes Skim Milk/Wg-Bread SNACK: French Friesw/Bacon&Ch Grape Juice	5	BREAKFAST: Pancakes/Bacon Fruit/Skim Milk/Wg-Toast LUNCH: Brats/Wheat Buns Chessy Potatoes/Ft Jello Cole Slaw/Skim Milk SNACK: Peanut Butter 2Tbs Wheat Crackers	6	BREAKFAST: Oatmeal/Fruit Wg-Toast/Skim Milk LUNCH: Chef Salad w/Turkey Wg-Bread/Skim Milk Strawberry Cake SNACK: Meatball Appetizer Apple Juice
9	BREAKFAST: Oatmeal/Fruit Wg-Toast/Skim Milk LUNCH: Chicken Stir Fry/Veggies Rice/Skim Milk Wg-Bread/Jello SNACK: Peanutbutter/Banana On Wheat Toast	10	BREAKFAST: Sausage Gavy Biscuit Fruit/kim Milk/Wg-Toast LUNCH: Beef Stroganoff/Noodles Corn/Wg-Bread SkimMilk/Peaches SNACK: Yogurt Parfait Strawberries/Blueberries	11	BREAKFAST: Wg Muffins/Fruit Skim Milk/Wg-Toast LUNCH: Chef Saladw/Ham Wheat Dinner Roll Skim Milk SNACK: Cheese Nips Apple Sauce	12	BREAKFAST: French Toast Sticks Fruit/Skim Milk/Wg-Toast LUNCH: Cheese Ravioli w/ Alfredo Veggies/Wg Bread Skim Milk/Juice SNACK: Ambrosia Salad Wheat Crackers	13	BREAKFAST: Dry Cereal/Wg-Toast Fruit/Skim Milk LUNCH: Beer Battered Fish French Fries/Coleslaw Wg-Bread/SkimMilk SNACK: Peaches String Cheese
16	BREAKFAST: Dry Cereal/Fruit Skim Milk/Wg-Toast LUNCH: Cheese Ravioli W Sauce Cauliflower/Wg-Bread Skim Milk/ Juice SNACK: Peanutbutter Crackers Fruit Cup	17	BREAKFAST: Egg, Bacon, Wg-Toast Fruit/Skim Milk LUNCH: Fried Chicken/Carrots Mashed Potatoes Skim Milk/Wg-Bread SNACK: AppleCobbler Cubed Cheese	18	BREAKFAST: Oatmeal/Fruit Skim Milk/Wg-Toast LUNCH: Baked Herb Fish/Rice Veggies/Wg-Bread Skim Milk/Cheesecake SNACK: Watermellon Cheese Nips	19	BREAKFAST: Pancakes/Sausage Fruit/Skim Milk LUNCH: Chef Salad w/Chicken Wheat Dinner Roll Juice/Skim Milk SNACK: Chicken Salad Apple Juice	20	BREAKFAST: Dry Cereal/Fruit Wg-Toast/Skim Milk LUNCH: Deep Dish Pizza Tossed Salad/Wg-Bread Skim Milk/Scone SNACK: Yogurt Peaches
23	BREAKFAST: Oatmeal/Fruit Wg-Toast/Skim Milk LUNCH: Macaroni&Cheese Veggies/Peaches Skim Milk Wg-Bread SNACK: Peanutbutter Crackers Fruit Cups	24	BREAKFAST: Waffles/Fruit Bacon/Skim Milk LUNCH: Hamburger/Hot Dog On Wheat Buns/Skim Milk MC Salad/Bake Beans SNACK: Applesauce String Cheese	25	BREAKFAST: Egg& Cheese Biscuit Fruit/Skim Milk LUNCH: Chef Salad w/Ham Juice/Skim Milk Wg-Bread/Pie SNACK: Cottage Cheese Pineapples	26	BREAKFAST: Banana Muffins/Fruit Skim Milk/Wg-Toast LUNCH: Chicken Stir Fry Fried Rice/ Veggies Skim Milk/Wg-Bread SNACK: Turkey & Cheese Wrap Grape Juice	27	BREAKFAST: Dry Cereal/Fruit Skim Milk/Wg-Toast LUNCH: Baked Herb Fish Potatoes/Asparagus Skim Milk/ Wg-Bread SNACK: Grapes Cheese Cubes
30	BREAKFAST: Dry Cereal/Wg-Toast Fruit/Skim Milk LUNCH: Chilli Dog/Wheat Bun TaterTots/Baked Beans Watermellon/Skim Milk SNACK: Watermellon Cheese Nips	31	BREAKFAST: French Toast/Bacon Skim Milk/Fruit LUNCH: Honey Glazed Turkey Bread Dressing/Veggies Wg-Bread/Skim Milk SNACK: Yogurt Peaches						

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

*** ALL MILK IS SKIM**