

CATHOLIC CHARITIES ADULT DAY SERVICES



# SEPTEMBER 2021



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
				1	<b>BREAKFAST:</b> Sausage Egg Biscuit Fruit/Skim Milk <b>LUNCH:</b> Meatloaf/Corn Mashed Potatoes Skim Milk/Wg-Bread <b>SNACK:</b> Watermelon	2	<b>BREAKFAST:</b> Wg-Pancakes/Bacon Fruit/Skim Milk <b>LUNCH:</b> Fried Chicken/Potatoes Sprouts/Wg-Bread Skim Milk/Mellon <b>SNACK:</b> Cottage Cheese Pineapples	3		<b>BREAKFAST:</b> Dry Cereal/Fruit Wg-Toast/Skim Milk <b>LUNCH:</b> Chef Salad w/Turkey Wg-Bread/Skim Milk Strawberry Cake <b>SNACK:</b> Little Smokies Cheesecubes
				6	<b>ADS CLOSED</b>  	7	<b>BREAKFAST:</b> Waffles/Bacon Fruit/Skim Milk <b>LUNCH:</b> Beef Stroganoff/Noodles Corn/Wg-Bread Skim Milk/Peaches <b>SNACK:</b> Ham & Cheese Wraps			8
13	<b>BREAKFAST:</b> Oatmeal/Wg-Toast Fruit/Skim Milk <b>LUNCH:</b> Cheese Ravioli W Sauce Cauliflower/Wg-Bread Skim Milk/ Juice <b>SNACK:</b> Peanutbutter/Banana Wg-Toast	14	<b>BREAKFAST:</b> Sausage Gravy Biscuit Fruit/ Skim Milk <b>LUNCH:</b> Fried Chicken/Carrots Mashed Potatoes	15	<b>BREAKFAST:</b> Muffins/Fruit Yogurt/Skim Milk <b>LUNCH:</b> Baked Herb Fish/Rice Veggies/Wg-Bread Skim Milk/Cheesecake <b>SNACK:</b> Jello Fruit Cocktail Cheese Nips	16	<b>BREAKFAST:</b> Waffles/Fruit Skim Milk/ Bacon <b>LUNCH:</b> Chef Salad w/Chicken Wheat Dinner Roll Juice/Skim Milk <b>SNACK:</b> Apple Crescent	17	<b>BREAKFAST:</b> Dry Cereal/Fruit Wg-Toast/Skim Milk <b>LUNCH:</b> Deep Dish Pizza	
20	<b>BREAKFAST:</b> Pancakes/Fruit Skim Milk/ Sausage	21	<b>BREAKFAST:</b> Scrambled Eggs/Bacon Wg-Toast/Fruit/Skim Milk <b>LUNCH:</b> Pork Roast/Potatoes Sauerkraut/Wg-Bread Skim Milk/Apple Crisp <b>SNACK:</b> Pumpkin Muffin	22	<b>BREAKFAST:</b> Dry Cereal/Fruit Skim Milk/Wg-Toast <b>LUNCH:</b> Chef Salad w/Ham Juice/Skim Milk Wg-Bread/Pie <b>SNACK:</b> Yogurt Strawberry Parfait	23	<b>BREAKFAST:</b> Sausage Gravy Biscuits Fruit/Skim Milk <b>LUNCH:</b> Chicken Stir Fry Fried Rice/ Veggies Skim Milk/Wg-Bread <b>SNACK:</b> Grilled Cheese Tomato Soup	24	<b>BREAKFAST:</b> Oatmeal/Fruit Skim Milk/Wg-Toast <b>LUNCH:</b> Baked Herb Fish	
27	<b>BREAKFAST:</b> Dry Cereal/Wg-Toast Fruit/Skim Milk <b>LUNCH:</b> Chili Dog/Wheat Bun TaterTots/Baked Beans Watermelon/Skim Milk <b>SNACK:</b> Bananas & Grapes Cheese Cubes	28	<b>BREAKFAST:</b> Bacon & Egg Omelet Wg-Toast/Fruit/ Skim Milk <b>LUNCH:</b> Honey Glazed Turkey Bread Dressing/Veggies Wg-Bread/Skim Milk <b>SNACK:</b> Mini Pepp& Cheese Wheat Muffin Pizza	29	<b>BREAKFAST:</b> French Toast /Bacon Fruit/Skim Milk	30	<b>BREAKFAST:</b> Oatmeal/Fruit Wg-Toast/Skim Milk <b>LUNCH:</b> Fried Chicken/Potatoes Sprouts/Wg-bread Skim Milk/Mellon <b>SNACK:</b> Chili			

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

\*WG= Whole Grain  
\* ALL MILK IS SKIM