

CATHOLIC CHARITIES ADULT DAY SERVICES



OCTOBER 2021



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	BREAKFAST: Pumpkin Muffin/Fruit Skim Milk/Wg-Toast LUNCH: Potato Encrusted Cod Potatoes/Green Beans Wg-Bread/ Skim Milk SNACK: Peaches Yogurt
4	BREAKFAST: Eggs/Sausage Wg-Toast/Fruit/Skim Milk LUNCH: Macaroni & Cheese Tomatoes/Veggie Wg-Bread/Skim Milk SNACK: Hamburger Cheese Taco Apple Juice	5	BREAKFAST: Dry Cereal/Fruit Wg-Toast/Skim Milk LUNCH: Chicken Cordon Bleu Potatoes/Veggies Wg-Bread/ Skim Milk SNACK: Apple Crescent String Cheese	6	BREAKFAST: Sausage Gray/Biscuits Fruit/Skim Milk LUNCH: Pork Roast/Potatoes Sauerkraut/Apple crisp wg-Bread/ Skim Milk SNACK: Peanut Butter&Jelly Wg Bread	7	BREAKFAST: Waffles/Fruit Wg-Toast/Skim Milk LUNCH: Chicken Stir Fry/Veggies Fried Rice/Wg-Bread Skim Milk SNACK: Halloween Fruit & Yogurt Parfait	8	BREAKFAST: Muffins/Fruit Skim Milk/Wg-Toast LUNCH: Hot Dogs/Macaroni Sd. Baked Beans/ Juice Skim Milk/ Wg-Bread SNACK: Peanutbutter Wheat Crackers
11	BREAKFAST: Scrambled Egg/Bacon Fruit/Skim Milk/Wg-Toast LUNCH: Chef Salad/w Chicken Juice/ Skim Milk Wg-Bread SNACK: Egg Salad Crossiant Fruit Cup	12	BREAKFAST: French Toast/Fruit Skim Milk/Wg-Toast LUNCH: Ham Loaf//Potatoes Carrots/Peach Parfait Skim Milk/Wg- Bread SNACK: Halo Orange Pumpkin Cheese Cubes	13	BREAKFAST: English Muffin/Bacon Fruit/Skim Milk LUNCH: Spicy Pork Tips/Fruit Cup Macaroni Salad/Veggies Skim Milk/Wg-Bread SNACK: Potato Soup Wheat Crackers	14	BREAKFAST: Muffins/Fruit Skim Milk /Wg-Toast LUNCH: Baked Ziti w/ Sausage Cauliflower/Grapes Wg-Bread/Skim Milk SNACK: Cheese Nips Applesauce	15	BREAKFAST: Dry Cereal/Fruit Skim Milk/Wg-Toast LUNCH: Beer Battered Fish French Fries/Coleslaw Wg-Bread/ Skim Milk SNACK: AppleCobbler StringCheese
18	BREAKFAST: Ham&Egg Omelette Fruit/Skim Milk/Wg-Toast LUNCH: Ham/Sweet Potato Broccoli/Wg-Bread Skim Milk/Peaches SNACK: Tomato Cucumber Salad Wheat Crackers	19	BREAKFAST: Muffins/Fruit Skim Milk/Wg-Toast LUNCH: Crispy Chicken Salad Wg-Bread/Skim Milk Juice/Chocolate Pie SNACK: Banana Peanutbutter wrap	20	BREAKFAST: Sausage Gravy/Biscuit Fruit/Skim Milk LUNCH: Beef Stir Fry/Veggies Fried Rice/Juice Wg-Bread/Skim Milk SNACK: Cheesenips Applesauce	21	BREAKFAST: French Toast/Fruit Skim Milk/Wg-Toast LUNCH: Meatloaf/GarlicPotatoes Brussels Sprouts Wg-Bread/Skim Milk SNACK: Zucchini Bread StringCheese	22	BREAKFAST: Pancakes/Bacon Fruit/Skim Milk LUNCH: Butter Crumb Tilapia Rice Pilaf/Veggies Juice/Skim Milk/ SNACK Peaches Yogurt
25	BREAKFAST: Eggs/Sausage/Wg-Toast Fruit/Skim Milk LUNCH: Hawaii Ham Potato/Veggie Blend Skim Milk/Wg-Bread SNACK: Peanutbutter Banana Wg- Toast	26	BREAKFAST: Waffles/Fruit Skim Milk/Wg-Toast LUNCH: Baked Chicken/Potatoes Carrots/Skim Milk Wg-Bread/Choc Pudding SNACK: Pumpkin Bread String Cheese	27	BREAKFAST: Muffins/Fruit Skim Milk/Wg-Toast LUNCH: Meatloaf/Potatoes Cabbage/wg-Bread Skim Milk/Pears SNACK: Grapes Bananas Cheese Cubes	28	BREAKFAST: English Muffin/Bacon Fruit/Skim Milk LUNCH: Crispy Baked Chicken Sweet Potato/Veggie Wg-Bread/Skim Milk SNACK: Chicken Salad Croissant	29	BREAKFAST: Oatmeal/Fruit Skim Milk/Wg-Toast LUNCH: Potato Encrusted Cod Potatoes/Green Beans Skim MilkWg-Bread SNACK: Mummy Hot Dogs Apple Juice

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

*WG= Whole Grain
* ALL MILK IS SKIM

This Institution is a Equal Opportunity Provider