






CATHOLIC CHARITIES ADULT DAY SERVICES



# DECEMBER 2021

| MONDAY  |  | TUESDAY   |   | WEDNESDAY |  | THURSDAY |  | FRIDAY |   |
|---|--|---|---|-----------|--|----------|--|--------|---|
|  |  |  |   | 1         | <b>BREAKFAST</b><br>French Toast/Fruit<br>Skim Milk/ Wg-Toast<br><b>LUNCH:</b><br>Pork Roast/Potatoes<br>Sauerkraut/Appplecrisp<br>Skim Milk/Wg-Bread<br><b>SNACK</b><br>Tuna Fish Sandwich<br>Apple Juice | 2        | <b>BREAKFAST</b><br>Cream of Wheat/Fruit<br>Skim Milk/Wg-Toast<br><b>LUNCH:</b><br>Chicken Stir Fry/Veggies<br>Juice/Skim Milk/Rice<br>Wg-Bread<br><b>SNACK</b><br>Little Mini Apple Crescent<br>Cheese Cubes          | 3      | <b>BREAKFAST:</b><br>Sausage Gravy /Biscuits<br>Skim Milk/Wg-Toast<br><b>LUNCH:</b><br>Deep Dish Pizza<br>Tossed Salad/Juice<br>Skim Milk/Wg-Bread<br><b>SNACK:</b><br>Peanutbutter<br>Wheat Crackers |
|   |  |   |   | 6         | <b>BREAKFAST:</b><br>Egg & Cheese Omlert<br>Wg-Toast/Fruit/Skim Milk<br><b>LUNCH:</b><br>Grilled ChickenSalad<br>Wg-Bread/Juice<br>Skim Milk/Éclair<br><b>SNACK:</b><br>Tomato Soup<br>Wheat Crackers      | 7        | <b>BREAKFAST:</b><br>Sausage Gravy/Biscuits<br>Fruit/ Wg-Toast<br><b>LUNCH:</b><br>Ham Loaf /Potatoes<br>Carrots/Wg-Bread<br>Skim Milk/Peach Parfait<br><b>SNACK:</b><br>Chicken Salad Reindeer<br>Slider/ Apple Juice | 8      | <b>BREAKFAST:</b><br>Oatmeal/Fruit<br>Skim Milk/Wg-Toast<br><b>LUNCH:</b><br>Spicy Pork Tips<br>Macaroni Salad/Veggie<br>Skim Milk/Wg-Bread/Fruit<br><b>SNACK:</b><br>Peanutbutter<br>Wg-Bread        |
| 13  | <b>BREAKFAST:</b><br>Eggs/Sausage<br>Wg-Toast/Fruit/Skim Milk<br><b>LUNCH:</b><br>Ham /Baked Sweet Potato<br>Broccoli Florets/Peaches<br>Wg-Bread/Skim Milk<br><b>SNACK:</b><br>Peach Cobbler<br>Snowman String Cheese | 14  | <b>BREAKFAST:</b><br>Egg& Ham Casserole<br>Wg-Toast/Skim Milk/Fruit<br><b>LUNCH:</b><br>Crispy Chicken Salad<br>Juice/Wg-Bread<br>Skim Milk<br><b>SNACK:</b><br>Peanutbutter Reindeer<br>Wheat Crackers | 15        | <b>BREAKFAST:</b><br>Cream of Wheat/Skim Milk<br>Wg-Toast/Fruit<br><b>LUNCH:</b><br>Beef Stir Fry w/Veggies<br>Rice/Skim Milk/Juice<br>Wg-Bread<br><b>SNACK:</b><br>Applesauce<br>Cheese Nips              | 16       | <b>BREAKFAST:</b><br>French Toast/Fruit<br>Skim Milk/Wg-Toast<br><b>LUNCH:</b><br>Ham/ Green Beans<br>Mashed Potatoes<br>Wg-Bread Skim Milk<br><b>SNACK:</b><br>Cheese Cubes<br>Grapes                                 | 17     | <b>BREAKFAST:</b><br>Sausage Gravy/Biscuits<br>Skim Milk/ Fruit<br><b>LUNCH:</b><br>Butter Crumb Tilapia<br>Rice Pilaf/Veggie Blend<br>Wg-Bread/Skim Milk<br><b>SNACK:</b><br>Peaches<br>Yogurt       |
| 20  | <b>BREAKFAST:</b><br>Dry Ceral/Wg-Toast<br>Fruit/Skim Milk<br><b>LUNCH:</b><br>Hawaiian Ham<br>Baked Potato/v<br>Wg-Toast/Skim<br><b>SNACK:</b><br>Applesauce<br>Cheese Nips   | 21  | <b>BREAKFAST:</b><br>Sausage Gravy/Biscuits<br>Fruit Skim Milk<br><b>LUNCH:</b><br>Baked Chicken/Potatoes<br>Carrots/Wg-Bread<br>Skim Milk<br><b>SNACK:</b><br>Peanutbutter Banana<br>English Muffin    | 22        | <b>BREAKFAST:</b><br>Pancakes/Fruit<br>Skim Milk/Wg-Toast<br><b>LUNCH:</b><br>Meatloaf/Potato<br>Cabbage/Pears<br>Wg-Bread/Skim M<br><b>SNACK:</b><br>Peaches<br>String Cheese                             | 23       | <b>BREAKFAST:</b><br>Cream ofWheat/Fruit<br>Skim Milk/Wg-Toast<br><b>LUNCH:</b><br>Crispy Baked Chicken<br>Sweet Potato/Veggies<br>Wg-Bread/Skim Milk<br><b>SNACK:</b><br>Fruit Cup<br>Wheat Crackers                  | 24     | <b>ADS CLOSED</b><br>  |
| 27  | <b>ADS CLOSED</b><br>   | 28  | <b>BREAKFAST:</b><br>Sausage Gravy/Biscuits<br>Fruit/Skim Milk<br><b>LUNCH:</b><br>Chicken Cordon Bleu<br>Potatoes/Veggies<br>Wg-Bread/Skim M<br><b>SNACK:</b><br>Applesauce<br>Cheesenips              | 29        | <b>BREAKFAST:</b><br>Dry Cereal/Fruit<br>Skim Milk/Wg-Toast<br><b>LUNCH:</b><br>Pork Roast/Potatoes<br>Sauerkraut/Appplecrisp<br>Wg-Bread/Skim M<br><b>SNACK:</b><br>Peanutbutter<br>Wheat Crackers        | 30       | <b>BREAKFAST:</b><br>French Toast/ Sausage<br>Fruit/ Skim Milk<br><b>LUNCH:</b><br>Chicken Stir Fry<br>Veggies/Skim Milk<br>Wg-Bread<br><b>SNACK:</b><br>Little Smokies<br>Cubbed Cheese                               | 31     | <b>ADS CLOSED</b><br>  |

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

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

This Institution is a Equal Oportunity Provider

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