

CATHOLIC CHARITIES ADULT DAY SERVICES



JANUARY 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 BREAKFAST: Eggs, Wg Toast Fruit, Skim Milk LUNCH: Grilled Chicken Salad Wg Bread, Juice Skim Milk/Soft SNACK: Chicken Noodle Soup String Cheese Fruit Cup	4 BREAKFAST: Ory Corned Wg Toast Fruit, Skim Milk LUNCH: Kale Salad, Roasted Chicken Wg Bread Skim Milk/Soft Fruit SNACK: Apple Cider String Cheese	5 BREAKFAST: French Toast, Wg Toast Fruit, Skim Milk LUNCH: Turkey, Lett, Top Mashed Potato, Eggs Skim Milk, Wg Bread SNACK: Fruit, Cheese, Nuts Fruit Juice	6 BREAKFAST: Cinnamon Wg Toast Fruit, Skim Milk LUNCH: Steak, Wg of E, Scrambled Eggs, Cheese, Potatoes Wg Bread, Skim Milk SNACK: Apple Cider String Cheese Fruit Juice	7 BREAKFAST: Pancakes, Tl, Scrambled Eggs, Wg Toast Fruit, Skim Milk LUNCH: Roast Chicken, Egg Fruit, Cheese, Potatoes Wg Bread, Skim Milk SNACK: Fruit, Fat, Hardened Cheese
10 BREAKFAST: Eggs, Wg Toast Fruit, Skim Milk LUNCH: Hot or Cold, Potatoes Roasted Potatoes Wg Bread, Skim Milk SNACK: Mushroom Grapes Fruit, Cheese	11 BREAKFAST: Orry Corned Wg Toast Fruit, Wg Toast, Skim Milk LUNCH: Crisp Chicken Salad Wg Bread, Fruit Skim Milk, Cheese, Wg SNACK: Chicken Noodle Soup Fruit Juice	12 BREAKFAST: Pancakes, Wg Toast Fruit, Skim Milk LUNCH: Beef, Tls, Wg, Mashed Potato, Fruit, Wg Bread Skim Milk, Grapes SNACK: String Cheese Fruit Juice	13 BREAKFAST: Orry Corned Wg Toast Fruit, Skim Milk LUNCH: Mashed Potatoes, Potatoes Roasted Potatoes Wg Bread, Skim Milk SNACK: Fruit, Cheese Fruit Juice	14 BREAKFAST: Pancakes, Wg Toast Fruit, Skim Milk LUNCH: Kale, Cheese, Potatoes Roasted Potatoes Wg Bread, Skim Milk SNACK: Apple Cider String Cheese Fruit Juice
17 ADS CLOSED 	18 BREAKFAST: Scrambled Wg Toast Fruit, Skim Milk LUNCH: Baked Chicken, Potatoes Crispy Skim Milk Wg Bread SNACK: Fruit Fruit Juice	19 BREAKFAST: Eggs, Wg Toast Fruit, Skim Milk LUNCH: Mashed Potatoes Fruit, Cheese, Potatoes Wg Bread, Skim Milk SNACK: Fruit, Cheese Fruit Juice	20 BREAKFAST: Scrambled Wg Toast Fruit, Skim Milk LUNCH: Crispy Chicken, Wg Potatoes, Potatoes Skim Milk, Wg Bread SNACK: Fruit Fruit Juice	21 BREAKFAST: Orry Corned Wg Toast Fruit, Skim Milk, Wg Toast LUNCH: Pasta, Grapes, Egg Potatoes, Wg Bread Skim Milk, Skim Milk SNACK: Fruit, Cheese Fruit Juice
24 BREAKFAST: Orry Corned Wg Toast Fruit, Skim Milk LUNCH: Mashed Potatoes Fruit, Cheese, Potatoes Wg Bread, Skim Milk SNACK: Fruit, Cheese Fruit Juice	25 BREAKFAST: Orry Corned Wg Toast Fruit, Skim Milk LUNCH: Crispy Chicken, Wg Potatoes, Potatoes Skim Milk, Wg Bread SNACK: Fruit Fruit Juice	26 BREAKFAST: Orry Corned Wg Toast Fruit, Skim Milk LUNCH: Pasta, Fruit, Potatoes Skim Milk, Apple Juice Mashed Potatoes Skim Milk SNACK: Applesauce Crispy, Tls	27 BREAKFAST: Pancakes, Wg Toast Wg Toast, Fruit, Skim Milk LUNCH: Crispy, Skim Milk, Potatoes Fruit, Cheese, Potatoes Wg Bread, Skim Milk SNACK: Fruit, Cheese Fruit Juice	28 BREAKFAST: Eggs, Wg Toast Fruit, Skim Milk LUNCH: Fruit, Cheese, Potatoes Wg Bread, Skim Milk SNACK: Fruit, Cheese Fruit Juice
31 BREAKFAST: Eggs, Wg Toast Fruit, Skim Milk LUNCH: Grilled Chicken Salad Wg Bread, Juice Skim Milk/Soft SNACK: String Cheese Fruit Cup				
MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE				*Wg: Whole Grains * ALL MILK IS SOU