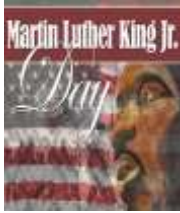



CATHOLIC CHARITIES ADULT DAY SERVICES



JANUARY 2022

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	BREAKFAST: Eggs/ Wg-Toast Fruit/Skim Milk LUNCH: Grilled Chicken Salad Wg-Bread/ Juice Skim Milk/Éclair SNACK: Chicken Noodle Soup Wheat Crackers	4	BREAKFAST: Dry Cereal/ Wg-Toast Fruit/ Skim Milk LUNCH: Ham Loaf/ Potatoes Carrots/Wg-Bread Skim Milk/ Peach Parfait SNACK: Apple Cobbler String Cheese	5	BREAKFAST: French Toast/ Wg-Toast Fruit/ Skim Milk LUNCH: Spicy Pork Tips Macaroni Salad/Veggie Skim Milk/ Wg-Bread SNACK: Ham& Cheese Sliders Apple Juice	6	BREAKFAST: Oatmeal/Wg-Toast Fruit/ Skim Milk LUNCH: Baked Zitti w/ It. Sausage Cauliflower/Grapes Wg-Bread/ Skim Milk SNACK: Apple Sauce Cheese Nips	7	BREAKFAST: Pancakes/ Tk. Sausage Fruit/ Skim Milk LUNCH: Berr Battered Fish French Fries/Coleslaw Wg-Bread/Skim Milk SNACK: Tuna Fish Sandwich Pretzels
10	BREAKFAST: Eggs/ Wg-Toast Fruit/ Skim Milk LUNCH: Ham w/ Sweet Potato Broccoli/Peaches Wg-Bread /Skim Milk SNACK: Blueberry Cobbler String Cheese	11	BREAKFAST: Cream Of Wheat Fruit/ Wg-Toast/Skim Milk LUNCH: Crispy Chicken Salad Wg-Bread/Juice Skim Milk/Choc. Pie SNACK: Chicken Salad Sandwich Apple Juice	12	BREAKFAST: Pancakes/Wg-Toast Fruit/ Skim Milk LUNCH: Beef Stir Fry /Veggies Fried Rice/Wg-Bread Skim Milk/ Cupcake SNACK: String Cheese Fruit Cup	13	BREAKFAST: Dry Cereal/Wg-Toast Fruit/ Skim Milk LUNCH: Meatloaf/Garlic Potatoes Brussel Sprouts/Pears Wg-Bread/ Skim Milk SNACK: Peanut Butter Wheat Crackers	14	BREAKFAST: Waffles/ Wg-Toast Fruit/ Skim Milk LUNCH: Butter Crumb Tilapia Rice/Veggie Blend Wg-Bread/ Skim Milk SNACK: Apple Sauce Cheese Nips
17	ADS CLOSED 	18	BREAKFAST: Oatmeal/Wg-Toast Fruit/ Skim Milk LUNCH: Baked Chicken/Potatoes Carrots/Skim Milk Wg-Bread SNACK: Yogurt Peaches	19	BREAKFAST: Eggs/ Wg-Toast Fruit/ Skim Milk LUNCH: Meatloaf/potatoes Cabbage/Pears Wg- Bread/ Skim Milk SNACK: Tomato Soup Wheat Crackers	20	BREAKFAST: Sausage Gravy/ Biscuits Fruit/ Skim Milk LUNCH: Crispy Baked Chicken Sweet Potato/Wg-Bread Veggie/Skim Milk SNACK: Peach Cobbler String Cheese	21	BREAKFAST: Cream of Wheat Fruit/ Skim Milk/ Wg-Toast LUNCH: Potato Encrusted Cod Potatoes/Wg- Bread Green Beans/ Skim Milk SNACK: Peanutbutter / Banana English Muffin
24	BREAKFAST: French Toast/Wg-Toast Fruit/ Skim Milk LUNCH: Macaroni& Cheese Tomatoes/Veggies Wg- Bread/Skim Milk SNACK: Banana Muffins Cheese Cubes	25	BREAKFAST: Dry Cereal/ Wg-Toast Fruit/ Skim Milk LUNCH: Chicken Cordon Bleu Potatoes/Veggie Skim Milk/ Wg- Bread SNACK: Yogurt Peaches	26	BREAKFAST: Waffles/ Wg-Toast Fruit/ Skim Milk LUNCH: Pork Roast/ Potatoes Sauerkraut/Apple Crisp Wg-Bread/Skim Milk SNACK: Applesauce Cheese Nips	27	BREAKFAST: Cream Of Wheat Wg-Toast/Fruit/ Skim Milk LUNCH: Chicken Stir Fry/Veggies Fried Rice/Wg-Bread Skim Milk/ Sherbert SNACK: Turkey& Cheese Wrap Apple Juice	28	BREAKFAST: Eggs/ Wg-Toast Fruit/ Skim Milk LUNCH: Deep Dish Pizza Tossed Sald/Juice Scone/ Skim Milk SNACK: Peanutbutter Wheat Crackers
31	BREAKFAST: Eggs/Wg-Toast Fruit/ Skim Milk LUNCH: Grilled Chicken Salad Wg-Bread/Juice Skim Milk/ Éclair SNACK: String Cheese Fruit Cup								

****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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