

CATHOLIC CHARITIES ADULT DAY SERVICES



FEBRUARY 2022



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	BREAKFAST Dry Cereal/Wg-Toast Fruit/Skim Milk LUNCH  Ham Loaf/ Potatoes Carrots / Peach Parfait Skim Milk/ Wg-Bread SNACK Applesauce Cheese Nips	2	BREAKFAST Eggs/Wg Toast Fruit/Skim Milk LUNCH  Pork Tips/ Fruit Cup Macaroni Salad/Veggies Skim Milk/ Wg-Bread SNACK Mini Corn Dog Muffins Cubbed Cheese	3	BREAKFAST Oatmeal/Wg-Toast Fruit/Skim Milk LUNCH Baked Zitti w/ It. Sausage Cauliflower/Grapes Skim Milk/ Wg-Bread SNACK Vegetable Soup Wheat Crackers	4	BREAKFAST: Heart Pancakes/Sausage Strawberries/Skim Milk LUNCH:  Beer Battered Fish French Fries/ Coleslaw Wg-Bread/ Skim Milk SNACK: Valentine Fruit Jello String Cheese
7	BREAKFAST: Eggs/Wg-Toast Fruit/Skim Milk LUNCH:  Ham/ Sweet Potato Broccoli/ Peaches Wg- Bread SNACK: Blueberry Muffins Fruit Cup	8	BREAKFAST: Cream of Wheat/WgToast Fruit/Skim Milk LUNCH:  Crispy Chicken / Salad Juice/ Wg- Bread Skim Milk/ CH. Pie SNACK: Heart Peanut butter Wg- Sandwich	9	BREAKFAST: FrenchToast/ Wg Toast Fruit/Skim Milk LUNCH:  Beef Stir Fry / Veggies Fried Rice/ Juice Skim Milk/ Wg- Bread SNACK: Cherry Crisp String Cheese	10	BREAKFAST: Dry Cereal/Wg-Toast Fruit/Skim Milk LUNCH: Meatloaf/Garlic Potatoes Brussel Sprouts/Pears Skim Milk/ Wg- Bread SNACK: Peanut Butter Wheat Crackers	11	BREAKFAST: Pancakes/Wg Toast Fruit/Skim Milk LUNCH  Butter Crumb Tiliapia Rice/ Juice/ Veggies Skim Milk/ Wg- Bread SNACK: Sloppy Joe Mini slider bun
14	BREAKFAST: Waffles/Wg Toast Fruit/Skim Milk LUNCH:  Hawaiian Ham/ Potato Veggie Blend/ Cake Skim Milk/ Wg- Bread SNACK: Little Smokies Apple Juice	15	BREAKFAST: Dry Cereal/Wg-Toast Fruit/Skim Milk LUNCH:  Baked Chicken/Potatoes Carrots/ Skim Milk Wg- Bread SNACK: Chicken Salad Grape Juice	16	BREAKFAST: Eggs/Wg-Toast Fruit/Skim Milk LUNCH:  Meatloaf/ Potatoes Cabbage/ Pears Skim Milk/ Wg- Bread SNACK: Yogurt Peaches	17	BREAKFAST Sausage Gravy/Biscuits Fruit/Skim Milk LUNCH:  Crispy Baked Chicken Sweet Poatato/Veggies Skim Milk./ Wg- Bread SNACK: Grilled Cheese Wg- Toast	18	BREAKFAST: Oatmeal/ Fruit Wg- Toast/ Skim Milk LUNCH:  Potato Encrusted Cod Potatoes/ Green Beans Skim Milk/ Wg- Bread SNACK: Cheese Nips Apple Sauce
21	BREAKFAST: FrenchToast/Wg-Toast Fruit/Skim Milk LUNCH: Macaroni& Cheese St. Tomatoes/Veggies Skim Milk/ Wg- Bread SNACK: Apple Sauce Cheese Nips	22	BREAKFAST: Dry Cereal/Wg-Toast Fruit/Skim Milk LUNCH:  Chicken Cordon Bleu Potatoes/ Veggies Skim Milk/ Wg- Bread SNACK: Tuna Fish Sandwich Apple Juice	23	BREAKFAST: Waffles/Wg-Toast Fruit/Skim Milk LUNCH:  Pork Roast/ Potatoes Sauerkraut/Apple Crisp Skim Milk/ Wg- Bread SNACK: Banana Muffins Cubbed Cheese	24	BREAKFAST: Cream of Wheat/WgToast Fruit/Skim Milk LUNCH: Chicken Stir Fry/ Veggies Fried Rice/Skim Milk Wg- Bread SNACK:  Chili Wheat Crackers	25	BREAKFAST: Eggs/Wg-Toast Fruit/Skim Milk LUNCH: Deep Dish Pizza/Salad Juice/Skim Milk Scone SNACK: Yogurt Peaches
28	BREAKFAST: Sausage Gravy/Biscuits Fruit/Skim Milk LUNCH: Chef Salad/ GR. Chicken Juice / Skim Milk Wg- Bread/Éclair SNACK: Peanut Butter Wheat Crackers								

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

*WG= Whole Grain
* ALL MILK IS SKIM

This Institution Is a Equal Opportunity Provider

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