




















CATHOLIC CHARITIES ADULT DAY SERVICES



# MARCH 2022



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	<b>BREAKFAST</b> Dry Cereal/Wg-Toast Fruit/Skim Milk <b>LUNCH</b> Blueberry Pancake Chessy Omelet/ Sausage Skim Milk/Fruit Cup <b>SNACK</b> Fruit Cup Cheese Cubes 	2	<b>BREAKFAST</b> Eggs/ Wg- Toast Fruit/Skim Milk <b>LUNCH</b> Pork Tips/ Fruit Cup Macaroni Salad/Veggies Skim Milk/ Wg-Bread <b>SNACK</b> Banana Pudding Cheese Nips	3	<b>BREAKFAST</b> Oatmeal / Wg- Toast Fruit/Skim Milk <b>LUNCH</b> Baked Zitti w/ It. Sausage Cauliflower/Grapes Skim Milk/ Wg-Bread <b>SNACK</b> Fruit Jello Sting Cheese 	4	<b>BREAKFAST:</b> Pancakes / Tk. Sausage Skim Milk/ Wg- Toast <b>LUNCH:</b> Beer Battered Fish French Fries/ Coleslaw Wg-Bread/ Skim Milk <b>SNACK:</b> Chicken Salad Apple Juice 
		7	<b>BREAKFAST:</b> Eggs/ Wg- Toast Fruit/Skim Milk <b>LUNCH:</b> Ham/ Sweet Potato Broccoli/ Peaches Wg- Bread <b>SNACK:</b> Fruit Cup String Cheese 	8	<b>BREAKFAST:</b> Cream of Wheat/ Fruit Wg- Toast/ Skim Milk/ <b>LUNCH:</b> Crispy Chicken / Salad Juice/ Wg- Bread Skim Milk/ CH. Pie <b>SNACK:</b> Cherry Cobbler String Cheese 	9	<b>BREAKFAST:</b> French Toast/ Wg-Toast Fruit/Skim Milk <b>LUNCH:</b> Beef Stir Fry / Veggies Fried Rice/ Juice Skim Milk/ Wg- Bread <b>SNACK:</b> Grilled Cheese Wg- Toast 	10	<b>BREAKFAST:</b> Dry Cereal/ Wg-Toast Fruit/Skim Milk <b>LUNCH:</b> Meatloaf/Garlic Potatoes Brussel Sprouts/Pears Skim Milk/ Wg- Bread <b>SNACK:</b> Blueberry Muffins Cubbed Cheese 
14	<b>BREAKFAST:</b> Sausage Gravy Biscuits Fruit/Skim Milk <b>LUNCH:</b> Hawaiian Ham/ Potato Veggie Blend/ Cake Skim Milk/ Wg- Bread <b>SNACK:</b> Rainbow Vegetable & Cheese Tray w/ Dip 	15	<b>BREAKFAST:</b> Dry Cereal/Wg-Toast Fruit/Skim Milk <b>LUNCH:</b> Baked Chicken/Potatoes Carrots/ Skim Milk Wg- Bread <b>SNACK:</b> Chicken Salad Wg- Bread 	16	<b>BREAKFAST:</b> Eggs/ Wg- Toast Fruit/Skim Milk <b>LUNCH:</b> Meatloaf/ Potatoes Cabbage/ Pears Skim Milk/ Wg- Bread <b>SNACK:</b> Rainbow Fruit Cup Crackers 	17	<b>BREAKFAST</b> Waffles/ Wg- Toast Fruit/Skim Milk <b>LUNCH:</b> Crispy Baked Chicken Sweet Poatato/Veggies Skim Milk./ Wg- Bread <b>SNACK:</b> Fruit Pistachio String Cheese 	18	<b>BREAKFAST:</b> Dry Cereal/ Fruit Wg- Toast/ Skim Milk <b>LUNCH:</b> Potato Encrusted Cod Potatoes/ Green Beans Skim Milk/ Wg- Bread <b>SNACK:</b> St. Patty Pickle & Cheese Apple Juice
21	<b>BREAKFAST:</b> French Toast/ Wg- Toast Fruit/Skim Milk <b>LUNCH:</b> Macaroni& Cheese St. Tomatoes/Veggies Skim Milk/ Wg- Bread <b>SNACK:</b> Apple Cobbler String Cheese 	22	<b>BREAKFAST:</b> Dry Cereal/ Wg- Toast Fruit/Skim Milk <b>LUNCH:</b> Chicken Cordon Bleu Potatoes/ Veggies Skim Milk/ Wg- Bread <b>SNACK:</b> Beef Vegetable Soup Wheat Crackers 	23	<b>BREAKFAST:</b> Waffles/ Wg- Toast Fruit/Skim Milk <b>LUNCH:</b> Pork Roast/ Potatoes Sauerkraut/Apple Crisp Skim Milk/ Wg- Bread <b>SNACK:</b> Ham& Cheese Sliders Grape Juice 	24	<b>BREAKFAST:</b> Cream of Wheat/ Fruit Wg- Toast/ Skim Milk <b>LUNCH:</b> Chicken Stir Fry/ Veggies Fried Rice/Skim Milk Wg- Bread <b>SNACK:</b> Fruit Cup String Cheese 	25	<b>BREAKFAST:</b> Eggs/ Wg- Toast Fruit/Skim Milk <b>LUNCH:</b> Deep Dish Pizza/Salad Juice/Skim Milk Scone <b>SNACK:</b> Peanut Butter Wheat Crackers
28	<b>BREAKFAST:</b> Sausage Gravy Biscuits Fruit/Skim Milk <b>LUNCH:</b> Chef Salad/ GR. Chicken Juice / Skim Milk Wg- Bread/Éclair <b>SNACK:</b> Apple Sauce Cheese Nips	29	<b>BREAKFAST:</b> Cream of Wheat/ Fruit Skim Milk/ Wg- Toast <b>LUNCH:</b> Ham Loaf/Potatoes Carrots/Peach Parfait Skim Milk/Wg-Bread <b>SNACK:</b> Tuna Fish Sliders Apple Juice 	30	<b>BREAKFAST:</b> Pancakes/ Wg- Toast Fruit/ Skim Milk <b>LUNCH:</b> Pork Tips/Fruit Cup Macaroni Salad/Veggies Skim Milk/Wg- Bread <b>SNACK:</b> Peanut Butter Wheat Crackers 	31	<b>BREAKFAST:</b> Dry Cereal/ Wg- Toast Fruit/ Skim Milk <b>LUNCH:</b> Baked Zitti w It. Sausage Cauliflower/Grapes Skim Milk/Wg-Bread <b>SNACK:</b> Banana Muffins Fruit Cup 		

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

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

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