



CATHOLIC CHARITIES ADULT DAY SERVICES



**JUNE 2022**



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1	<b>BREAKFAST</b> Eggs/Wg.Toast Fruit/Skim Milk <b>LUNCH</b> Baked Herb Fish Rice Pilaf/ Wg-Bread veggie Blend <b>SNACK</b> Little Smokies Fruit Cup	2	<b>BREAKFAST</b> Oatmeal/Wg.Toast Fruit/Skim Milk <b>LUNCH</b> Chef Salad w/ Chicken Juice/ Skim Milk Wg-Bread <b>SNACK</b> Blueberry Muffins String Cheese	3	<b>BREAKFAST:</b> Cereal/Wg.Toast Fruit/ Skim Milk <b>LUNCH:</b> Deep Dish Pizza Tossed Salad/Wg/Bread Juice <b>SNACK:</b> Tuna Wheat Bread
6	<b>BREAKFAST:</b> SausageGravy/Biscuits Fruit/Skim Milk <b>LUNCH:</b> Macaroni& Cheese Veggie Blend/Wg-Bread Sliced Peaches/Skim Milk <b>SNACK:</b> Applesauce Cheese Nips	7	<b>BREAKFAST:</b> Cereal/Wg.Toast Fruit/Skim Milk <b>LUNCH:</b> Grilled Steak Hamburgers Baked Beans/ Wg-Bread Potato Salad/ Skim Milk <b>SNACK:</b> Fruit Cup String Cheese	8	<b>BREAKFAST:</b> Pancakes/Wg.Toast Fruit/Skim Milk <b>LUNCH:</b> Chef Salad w/ Ham Juice / Pie Skim Milk/ Wg- Bread <b>SNACK:</b> Peanut Butter Wheat Crackers	9	<b>BREAKFAST:</b> Waffles/Wg.Toast Fruit/Skim Milk <b>LUNCH:</b> Chicken Stir Fry/Veggies Fried Rice/ Mellon Skim Milk/ Wg- Bread <b>SNACK:</b> Chicken Salad Apple Juice	10	<b>ADS CLOSED</b> 
13	<b>BREAKFAST:</b> Eggs/Wg.Toast Fruit/Skim Milk <b>LUNCH:</b> Coney Dog on Bun Tater Tots/ 3 Bean Salad Skim Milk/ Wg- Bread <b>SNACK:</b> Watermelon Cubbed Cheese	14	<b>BREAKFAST:</b> Muffins/Wg.Toast Fruit/Skim Milk <b>LUNCH:</b> Glazed Turkey/Wg-Bread Veggie Blend/ Juice Dressing/Skim Milk <b>SNACK:</b> Blueberries& Strawberries Wheat Crackers	15	<b>BREAKFAST:</b> Cereal/Wg.Toast Fruit/Skim Milk <b>LUNCH:</b> Meatloaf/Potatoes Corn/Strawberry Cake Skim Milk/ Wg- Bread <b>SNACK:</b> Peanut Butter Wheat Crackers	16	<b>BREAKFAST</b> Oatmeal/Wg.Toast Wg- Toast/ Fruit <b>LUNCH:</b> Baked Cicken/Rice Sprouts/Honey Dew Wg-Bread/ Skim Milk <b>SNACK:</b> Applesauce Cheese Nips	17	<b>BREAKFAST:</b> SausageGravy/Biscuits Fruit/ Skim Milk <b>LUNCH:</b> Chef Salad Juice/ Skim Milk Wg- Bread <b>SNACK:</b> Apple Cobbler String Cheese
20	<b>BREAKFAST:</b> Pancakes/Wg.Toast Fruit/Skim Milk <b>LUNCH:</b> Chicken Stir Fry/Veggies Rice/ Juice Wg-Bread/ Skim Milk <b>SNACK:</b> Strawberries Cheese Nips	21	<b>BREAKFAST:</b> Cereal/Wg.Toast Fruit/Skim Milk <b>LUNCH:</b> Beef Stroganoff Noodles/ Buttered Corn Fruit/Skim Milk/Wg-Bread <b>SNACK:</b> Peanutbutter Wheat Crackers	22	<b>BREAKFAST:</b> Waffles/Wg.Toast Fruit/Skim Milk <b>LUNCH:</b> Salad w/ Ham Juice /Skim Milk WG-Bread <b>SNACK:</b> Strawberry& Blueberry Yogurt Parfait	23	<b>BREAKFAST:</b> Cream of Wheat Fruit/Skim Milk <b>LUNCH:</b> Cheese Ravioli Veggies/ Juice Skim Milk/ Wg-Bread <b>SNACK:</b> Blueberry Muffins Fruit Cup	24	<b>BREAKFAST:</b> Sausage Gravy/ Biscuits Fruit/ Skim Milk/Wg-Toast <b>LUNCH:</b> Fried Fish/ French Fries Hush Puppies/ Colestlaw Skim Milk/ Wg-Bread <b>SNACK:</b> Cottage Cheese Pineapples
27	<b>BREAKFAST:</b> Eggs/Wg.Toast Fruit/Skim Milk <b>LUNCH:</b> Cheese Ravioli w/ Sauce Cauliflower/Fruit Skim Milk/ Wg-Bread <b>SNACK:</b> Cheese Nips Apples Sauce	28	<b>BREAKFAST:</b> Oatmeal/Wg.Toast Fruit/ Skim Milk/Wg-Toast <b>LUNCH:</b> Fried Chicken/Potatoes Carrot/Skim Milk Wg-Bread <b>SNACK:</b> Strawberry Muffins Fruit Cup	29	<b>BREAKFAST:</b> Muffins/Wg.Toast Fruit/Skim Milk <b>LUNCH:</b> Baked Herb Fish/Rice wg- Bread/ Skim Milk Veggies/ Juice <b>SNACK:</b> Yogurt Peaches	30	<b>BREAKFAST:</b> Cereal/Wg.Toast Fruit/Skim Milk <b>LUNCH:</b> Chef Salad w/ Chicken Juice/ Skim Milk Wg-Bread <b>SNACK:</b> Peanut butter Wheat Crackers		

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

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

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