

CATHOLIC CHARITIES ADULT DAY SERVICES



MAY 2022



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	BREAKFAST: Biscuits/Fruit Skim Milk/ wg-Toast LUNCH: Ham/ St. Potatoes Broccoli/Wg-Bread Skim Milk SNACK: WHEAT CRACKERS Coleslaw	3	BREAKFAST Dry Cereal/Wg-Toast Fruit/Skim Milk LUNCH Crispy Chicken Salad Juice/ Skim Milk/ Wg-Bread/ Pistachio SNACK Blueberry Cobbler String Cheese	4	BREAKFAST Sausage Gravy Biscuits Fruit/Skim Milk LUNCH Beef Stir Fry/ Fried Rice Juice/ Skim Milk Wg-Bread SNACK Little Smokies Fruit Cup	5	BREAKFAST Eggs/Wg-Toast Fruit/Skim Milk LUNCH Taco Sald/ Fruit Parfait Skim Milk/ Wg-Bread Pie SNACK Peanut Butter Wheat Crackers	6	BREAKFAST: Muffins/ Fruit Wg-Toast/ Skim Milk LUNCH: Butter Crumb Tilapa Rice Pilaf/Carrots Wg-Bread/ Skim Milk SNACK: Applesauce Cheese Nips
9	BREAKFAST: Eggs/Wg-Toast Fruit/Skim Milk LUNCH: Hawaiian Ham/ Potato Veggie Blend/ Cake Skim Milk/ Wg- Bread SNACK: Pears Wheat Crackers	10	BREAKFAST: Pancakes/ Wg-Toast Fruit/Skim Milk LUNCH: Baked Chicken/Potatoes Carrots/ Skim Milk Wg- Bread SNACK: Applesauce Stting Cheese	11	BREAKFAST: Oatmeal/Wg-Toast Fruit/Skim Milk LUNCH: Meatloaf/ Potatoes Cabbage/ Pears Skim Milk/ Wg- Bread SNACK: Chicken Salad Apple Juice	12	BREAKFAST: Dry Cereal/Wg-Toast Fruit/Skim Milk LUNCH: Crispy Baked Chicken Sweet Poatato/Veggies Skim Milk/ Wg- Bread SNACK: Peanutbutter Wheat Crackers	13	BREAKFAST: Waffles/Wg- Toast Fruit/Skim Milk LUNCH Potato Encrusted Cod Potatoes/ Green Beans Skim Milk/ Wg- Bread SNACK: Apple Cobbler Cubbed Cheese
16	BREAKFAST: Waffles/Wg Toast Fruit/Skim Milk LUNCH: Macaroni& Cheese St. Tomatoes/Veggies Skim Milk/ Wg- Bread SNACK: Yogurt Peaches	17	BREAKFAST: Dry Cereal/Wg-Toast Fruit/Skim Milk LUNCH: Chicken Cordon Bleu Potatoes/ Veggies Skim Milk/ Wg- Bread SNACK: Watermelon Cubbed Cheese	18	BREAKFAST: Eggs/Wg-Toast Fruit/Skim Milk LUNCH: Pork Roast/ Potatoes Sauerkraut/Apple Crisp Skim Milk/ Wg- Bread SNACK: Banana Muffins Fruit Cup	19	BREAKFAST Sausage Gravy/Biscuits Fruit/Skim Milk LUNCH: Chicken Stir Fry/ Veggies Fried Rice/Skim Milk Wg- Bread SNACK: Tuna Fish Apple Juice	20	BREAKFAST: Oatmeal/ Fruit Wg- Toast/ Skim Milk LUNCH: Deep Dish Pizza/Salad Juice/Skim Milk Scone SNACK: Peanutbutter Wheat Crackers
23	BREAKFAST: Pancakes/ Wg-Toast Fruit/Skim Milk LUNCH: Chef Salad/Gr Chicken Juice/ Skim Milk Wg- Bread / Éclair SNACK: Applesauce Cheese Nips	24	BREAKFAST: Muffins/ Wg-Toast Fruit/Skim Milk LUNCH: Ham Loaf/ Potatoes Carrots/ Peaches Skim Milk/ Wg- Bread SNACK: Ham & Cheese Wheat Bread	25	BREAKFAST: Oatmeal/ Wg-Toast Fruit/Skim Milk LUNCH: Pork Tips/Fruit Cup Macaroni Sald/ Veggies Skim Milk/ Wg- Bread SNACK: Peach Cobbler String Cheese	26	BREAKFAST: Dry Cereal/ Wg-Toast Fruit/Skim Milk LUNCH: Baked Zittiw IT. Sausage Cauliflower/ Grapes Skim Milk/ Wg- Bread SNACK: Cottage Cheese Pineapples	27	BREAKFAST: Sausage Gravy Biscuits Fruit/ Skim Milk/Wg-Toast LUNCH: Beer Battered Fish French Fries/ ColeSlaw Wg- Bread/ Skim Milk SNACK: Mini Pizza Juice
30	ADS CLOSED 	31	BREAKFAST: Cream of Wheat Fruit/ Skim Milk/Wg-Toast LUNCH: Crispy Chicken Salad Juice/ Wg-Bread Skim Milk 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