

CATHOLIC CHARITIES ADULT DAY SERVICES



JULY 2022



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1 BREAKFAST: SausageGravy/Biscuits Fruit/SkimMilk LUNCH: Deep Dish Pizza Tossed Salad/Wg/Bread Juice SNACK: Strawberries String Cheese	
4 ADS CLOSED 		5 BREAKFAST: Cereal/Wg.Toast Fruit/Skim Milk LUNCH: Pork Roast/ Potatoes SauerKraut/Apple Crisp Skim Milk/ Wg-Bread SNACK: Apple Crescent String Cheese 		6 BREAKFAST: Pancakes/Wg.Toast Fruit/Skim Milk LUNCH: Chef Salad w/ Ham Juice/ Ch. Pie Skim Milk/ Wg- Bread SNACK: Watermelon Cheese Nips		7 BREAKFAST: Cream of Wheat Wg-Toast/Skim Milk LUNCH: Chicken Stir Fry/Veggies Fried Rice/ Mellon Skim Milk/ Wg- Bread SNACK: Yogurt Peaches		8 BREAKFAST: Waffles/Wg- Toast Skim Milk/ Fruit LUNCH: Baked Herb Fish Potatoes/Asparagus Wg-Bread/ Skim Milk SNACK: Egg Salad Wheat Bread 	
11 BREAKFAST: Waffles/Wg.Toast Fruit/Skim Milk LUNCH: Coney Dog on Bun Tater Tots/ 3 Bean Salad Skim Milk/ Wg- Bread SNACK: Blueberry Muffin Fruit Cup 		12 BREAKFAST: Oatmeal/Wg.Toast Fruit/Skim Milk LUNCH: Glazed Turkey/Wg-Bread Veggie Blend/ Fruit Dressing/Skim Milk SNACK: Mini Corn Dog Apple Juice 		13 BREAKFAST: Eggs/Wg.Toast Fruit/Skim Milk LUNCH: Hamburger/Coleslaw Baked Beans/ Sundaes Skim Milk/ Wg- Bread SNACK: Grapes Cheese Cubes		14 BREAKFAST Cereal/Wg.Toast Fruit/Skim Milk LUNCH: Baked Cicken/Rice Sprouts/Honey Dew Wg-Bread/ Skim Milk SNACK: Peanut Butter Wheat Crackers 		15 BREAKFAST: Muffins/Wg.Toast Fruit/ Skim Milk LUNCH: Chef Salad Juice/ Skim Milk Wg- Bread SNACK: Yogurt Peaches 	
18 BREAKFAST: Eggs/Wg.Toast Fruit/Skim Milk LUNCH: Chicken Stir Fry/Veggies Rice/ Juice Wg-Bread/ Skim Milk SNACK: Chicken Salad Wheat Bread 		19 BREAKFAST: Cereal/Wg.Toast Fruit/Skim Milk LUNCH: Beef Stroganoff Noodles/ Buttered Corn Fruit/Skim Milk/Wg-Bread SNACK: Little Mini Sloppy Joes Apple Juice 		20 BREAKFAST: Muffins/Wg.Toast Fruit/Skim Milk LUNCH: Salad w/ Ham Juice /Skim Milk WG-Bread SNACK: Pears Cheese Nips		21 BREAKFAST: Waffles/Wg.Toast Fruit/Skim Milk LUNCH: Cheese Ravioli Veggies/ Juice Skim Milk/ Wg-Bread SNACK: Peanut Butter Wheat Crackers 		22 BREAKFAST: Cereal/ Fruit Skim Milk/ Wg-Toast LUNCH: Fried Fish/ French Fries Hush Puppies/ Colelaw Skim Milk/ Wg-Bread SNACK: Strawberry Muffins Fruit Cup 	
25 BREAKFAST: Pancakes/Wg.Toast Fruit/Skim Milk/Wg-Toast LUNCH: Cheese Ravioli w/ Sauce Cauliflower/Fruit Skim Milk/ Wg-Bread SNACK: Applesauce Cheese Nips 		26 BREAKFAST: Oatmeal/Wg.Toast Fruit/ Skim Milk/Wg-Toast LUNCH: Fried Chicken/Potatoes Carrot/Skim Milk Wg-Bread SNACK: Strawberries String Cheese		27 BREAKFAST: Waffles/Wg.Toast Fruit/Skim Milk LUNCH: Baked Herb Fish/Rice wg- Bread/ Skim Milk Veggies/Juice SNACK: Egg Salad Wheat Bread		28 BREAKFAST: Cereal/Wg.Toast Fruit/Skim Milk/Wg-Toast LUNCH: Chef Salad w/ Chicken Juice/ Skim Milk Wg-Bread SNACK: Peanutbutter Wheat Crackers		29 BREAKFAST: SausageGravy/Biscuits Fruit/Skim Milk/Wg-Toast LUNCH: Deep Dish Pizza/ Salad Juice/ Scone/ Skim Milk Wg-Bread SNACK: Cottage Cheese Pineapples 	

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

*WG= Whole Grain
* ALL MILK IS SKIM

This Institution Is a Equal Opportunity Provider