

CATHOLIC CHARITIES ADULT DAY SERVICES



AUGUST 2022



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	BREAKFAST: Oatmeal/Wg Toast Fruit/Skim Milk LUNCH: Macaroni& Cheese Veggie Blend/Peaches Skim Milk/ Wg- Bread SNACK: Mini Corn Dog Apple Juice	2	BREAKFAST: Cereal/Wg Toast Fruit /Skim Milk LUNCH: Pork Roast/ Potatoes SauerKraut/Apple Crisp Skim Milk/ Wg-Bread SNACK: Sloppy Joes Mini Slider Bun	3	BREAKFAST: Waffles/Wg Toast Fruit/Skim Milk LUNCH: Chef Salad w/ Ham Juice/ Ch. Pie Skim Milk/ Wg- Bread SNACK: Peanut Butter Wheat Crackers	4	BREAKFAST: Fr Toast/Wg Toast Fruit/Skim Milk LUNCH: Chicken Stir Fry/Veggies Fried Rice/ Melon Skim Milk/ Wg- Bread SNACK: Football Cheese& Cracker Tray	5	BREAKFAST: Pancakes Fruit/SkimMilk LUNCH: Baked Herb Fish Potatoes/Asparagus Wg-Bread/ Skim Milk SNACK: Boneless Chicken Wings Apple Juice
8	BREAKFAST: Waffles/Wg Toast Fruit/Skim Milk LUNCH: Coney Dog on Bun Tater Tots/ 3 Bean Salad Skim Milk/ Wg- Bread SNACK: Apple Sauce Cheese Nips	9	BREAKFAST: Fr Toast/Wg Toast Fruit/Skim Milk LUNCH: Glazed Turkey/Wg-Bread Veggie Blend/ Fruit Dressing/Skim Milk SNACK: Yogurt Peaches	10	BREAKFAST: Cereal/Wg Toast Fruit/Skim Milk LUNCH: Meatloaf/ Potatoes Corn/ Wg-Bread Skim Milk/ St. Cake SNACK: Strawberries Cubbed Cheese	11	BREAKFAST: Pancakes/Wg Toast Fruit/Skim Milk LUNCH: Baked Cicken/Rice Sprouts/Honey Dew Wg-Bread/ Skim Milk SNACK: Peanut Butter Wheat Crackers	12	BREAKFAST: Oatmeal/Wg Toast Skim Milk/ Fruit LUNCH: Chef Salad Juice/ Skim Milk Wg- Bread SNACK: Watermelon String Cheese
15	BREAKFAST: Fr Toast/Wg Toast Fruit/Skim Milk LUNCH: Chicken Stir Fry/Veggies Rice/ Juice Wg-Bread/ Skim Milk SNACK: little Smokies Apple Juice	16	BREAKFAST: Waffles/Wg Toast Fruit/Skim Milk LUNCH: Beef Stroganoff Noodles/ Buttered Corn Fruit/Skim Milk/Wg-Bread SNACK: Grapes Cheese Nips	17	BREAKFAST: Cereal/Wg Toast Fruit/Skim Milk LUNCH: Salad w/ Ham & Cheese Juice /Skim Milk WG-Bread SNACK: Ham & Cheese Mini Slider Bun	18	BREAKFAST Eggs/Wg Toast Fruit/Skim Milk LUNCH: Cheese Ravioli Veggies/ Juice Skim Milk/ Wg-Bread SNACK: Pineapple Cottage Cheese	19	BREAKFAST: Cereal Wg- Toast Fruit/ Skim Milk LUNCH: Fried Fish/ French Fries Hush Puppies/ Coleslaw Skim Milk/ Wg-Bread SNACK: Apple Cobbler String Cheese
22	BREAKFAST: Oatmeal/Wg Toast Fruit/Skim Milk LUNCH: Veal Patty/Potatoes Veggie Blend Skim Milk/ Wg-Bread SNACK: Chicken Salad Wg- Bread	23	BREAKFAST: Pancakes/Wg Toast Fruit/Skim Milk LUNCH: Fried Chicken/Potatoes Veggies/ Skim Milk Wg-Bread SNACK: Blue Berry Cobbler String Cheese	24	BREAKFAST: Cereal/Wg Toast Fruit/Skim Milk LUNCH: Sweedish Meatballs wg- Bread/ Skim Milk Veggies/ Noodles/Juice SNACK: Pears Cheese Nips	25	BREAKFAST: Biscuits/Gravy/Wg Toast Fruit/Skim Milk LUNCH: Chicken Ceasar Salad Juice/ Wg- Bread Skim Milk/ Ch. Pudding SNACK: Banana String Cheese	26	BREAKFAST: Waffles/Wg Toast Skim Milk/ Wg-Toast LUNCH: Pizza / Salad Juice/ Skim Milk Wg- Bread/ Éclair Cake SNACK: Yogurt Peaches
29	BREAKFAST: Fr Toast/Wg Toast Fruit/Skim Milk/Wg-Toast LUNCH: Macaroni& Cheese Veggie Blend/ Peaches Wg- Bread/ Skim Milk SNACK: Tuna Fish Wg- Bread	30	BREAKFAST: Waffles/Wg Toast Fruit/ Skim Milk/Wg-Toast LUNCH: Pork Roast/Potatoes Sauerkraut/Wg- Bread Apple Crisp/ Skim Milk SNACK: Peanutbutter Wheat Crackers	31	BREAKFAST: Cereal/Wg Toast Fruit/Skim Milk LUNCH: Chef Salad w/ Ham Juice/ Wg- Bread Skim Milk. Ch. Pie SNACK: Cherry Cobbler String Cheese				

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

*WG= Whole Grain

* ALL MILK IS SKIM

This Institution Is a Equal Opportunity Provider