

CATHOLIC CHARITIES ADULT DAY SERVICES



SEPTEMBER MENU 2022



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1	BREAKFAST: Eggs/Wg. Toast Fruit/Skim Milk LUNCH: Chicken Stir Fry/Veggies Fried Rice/ Melon Skim Milk/ Wg- Bread Snack: Cheese Nips Fruit Cup	2	BREAKFAST: Dry Cereal/Wg-Bread Fruit/Skim Milk LUNCH: Baked Herb Fish Potatoes/Asparagus Wg-Bread/ Skim Milk SNACK: Mini Corn Dogs Apple Juice
5				6	BREAKFAST: Oatmeal/Wg. Toast Fruit/Skim Milk LUNCH: Glazed Turkey/Wg-Bread Veggie Blend/ Fruit Dressing/Skim Milk SNACK: Apple slices Cubbed Cheese	7	BREAKFAST: Cereal/Wg Toast Fruit/Skim Milk LUNCH: Meatloaf/ Potatoes Corn/ Wg-Bread Skim Milk/ St. Cake SNACK: Peanutbutter Wheat Crackers	8	BREAKFAST: Sausage Gravy/Biscuits Fruit/Skim Milk LUNCH: Baked Cicken/Rice Sprouts/Honey Dew Wg-Bread/ Skim Milk SNACK: AppleSauce Cheese Nips
12	BREAKFAST: Waffles/Wg. Toast Fruit/Skim Milk LUNCH: Chicken Stir Fry/Veggies Rice/ Juice Wg-Bread/ Skim Milk SNACK: Yogurt Peaches	13	BREAKFAST: Sausage Gravy/Biscuits Fruit/Skim Milk LUNCH: Beef Stroganoff Noodles/ Buttered Corn Fruit/Skim Milk/Wg-Bread SNACK: Banana Muffins Fruit Cup	14	BREAKFAST: Cereal/Wg Toast Fruit/Skim Milk LUNCH: Salad w/ Ham & Cheese Juice /Skim Milk WG-Bread SNACK: Blueberry Cobbler String Cheese	15	BREAKFAST Oatmeal/Wg. Toast Fruit/Skim Milk LUNCH: Cheese Ravioli Veggies/ Juice Skim Milk/Wg-Bread SNACK: Apple Sauce Cheese Nips	16	BREAKFAST: Cereal Wg- Toast Fruit/ Skim Milk LUNCH: Fried Fish/ French Fries Hush Puppies/ Coleslaw Skim Milk/ Wg-Bread SNACK: Little Smokies Apple Juice
19	BREAKFAST: Oatmeal/Wg. Toast Fruit/Skim Milk LUNCH: Veal Patty/Potatoes Veggie Blend Skim Milk/ Wg-Bread SNACK: Mini Corn Dogs Apple Juice	20	BREAKFAST: Waffles/Wg. Toast Fruit/Skim Milk LUNCH: Fried Chicken/Potatoes Veggies/ Skim Milk Wg-Bread SNACK: Pears Cheese Nips	21	BREAKFAST: Cereal/Wg Toast Fruit/Skim Milk LUNCH: Swedish Meatballs wg- Bread/ Skim Milk Veggies/ Noodles/Juice SNACK: Peanut Butter Wheat Crackers	22	BREAKFAST: Fr. Toast/Wg. Toast Fruit/Skim Milk LUNCH: Chicken Ceasar Salad Juice/ Wg- Bread Skim Milk/ Ch. Pudding SNACK: Blueberry Muffins Cubbed Cheese	23	BREAKFAST: Waffles/Wg Toast Skim Milk/ Wg-Toast LUNCH: Pizza / Salad Juice/ Skim Milk Wg- Bread/ Éclair Cake SNACK: Chicken Salad Wheat Bread
26	BREAKFAST: Waffles/Wg. Toast Fruit/Skim Milk/Wg-Toast LUNCH: Macaroni& Cheese Veggie Blend/ Peaches Wg- Bread/ Skim Milk SNACK: Ham& Cheese Wheat Bread	27	BREAKFAST: Fr. Toast/Wg. Toast Fruit/ Skim Milk/Wg-Toast LUNCH: Pork Roast/Potatoes Sauerkraut/Wg- Bread Apple Crisp/ Skim Milk SNACK: Cherry Cobbler String Cheese	28	BREAKFAST: Cereal/Wg Toast Fruit/Skim Milk LUNCH: Chef Salad w/ Ham Juice/ Wg- Bread Skim Milk. Ch. Pie SNACK: Peanut Butter Wheat Crackers	29	BREAKFAST: Eggs/Wg. Toast Fruit/Skim Milk LUNCH: Chicken Stir Fry/Veggies Fried Rice/ Mellon Wg/ Bread/ Skim Milk SNACK: Cheese Nips Applesauce	30	BREAKFAST: Oatmeal/ Wg-Toast Skim Milk/ Fruit LUNCH: Baked Herb Fish/Potatoes Asparagus/Wg- Bread Skim Milk/Sherbert SNACK: Pumpkin Muffins Fruit Cup

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

*WG= Whole Grain
* ALL MILK IS SKIM

This Institution Is a Equal Opportunity Provider