

CATHOLIC CHARITIES ADULT DAY SERVICES



**OCTOBER 2022**



| MONDAY |   | TUESDAY |  | WEDNESDAY |   | THURSDAY |  | FRIDAY |  |
|--------|---|---------|--|-----------|---|----------|--|--------|--|
| 3      | <b>BREAKFAST:</b><br>Waffles/Wg. Toast<br>Fruit/Skim Milk<br><b>LUNCH:</b><br>Coney Dog/ Tater Tots<br>Bean Salad/ Watermelon<br>Skim Milk/Wg-Bread<br><b>SNACK:</b><br>Little Smokies<br>Apple Juice   | 4       | <b>BREAKFAST:</b><br>Cereal/Wg. Toast<br>Fruit/Skim Milk<br><b>LUNCH:</b><br>Hamburger/ Baked Beans<br>Broccoli Salad/ Apple<br>Wg-Bread/ Skim Milk<br><b>SNACK:</b><br>Peanut Butter<br>Wheat Crackers      | 5         | <b>BREAKFAST:</b><br>Oatmeal/Wg. Toast<br>Fruit/Skim Milk<br><b>LUNCH:</b><br>Meatloaf/ Potatoes<br>Corn/ Wg-Bread<br>Skim Milk/ St. Cake<br><b>SNACK:</b><br>Apple Cobbler<br>String Cheese        | 6        | <b>BREAKFAST:</b><br>Eggs/Wg. Toast<br>Fruit/Skim Milk<br><b>LUNCH:</b><br>Baked Cicken/Rice<br>Sprouts/Honey Dew<br>Wg-Bread/ Skim Milk<br><b>Snack:</b><br>Apple Sauce<br>Cheese Nips              | 7      | <b>BREAKFAST:</b><br>French Toast/Wg. Toast<br>Fruit/SkimMilk<br><b>LUNCH:</b><br>Chef Salad<br>Juice/ Skim Milk<br>Wg- Bread<br><b>SNACK:</b><br>Halloween Fruit&<br>Yogurt Parfait                           |
| 10     | <b>BREAKFAST:</b><br>Waffles/Wg. Toast<br>Fruit/Skim Milk<br><b>LUNCH:</b><br>Chicken Stir Fry/Veggies<br>Rice/ Juice<br>Wg-Bread/ Skim Milk<br><b>SNACK:</b><br>Vegetable Soup<br>Wheat Crackers       | 11      | <b>BREAKFAST:</b><br>French Toast/Wg. Toast<br>Fruit/Skim Milk<br><b>LUNCH:</b><br>Beef Stroganoff<br>Noodles/ Buttered Corn<br>Fruit/Skim Milk/Wg-Bread<br><b>SNACK:</b><br>Fruit Ambrosia<br>String Cheese | 12        | <b>BREAKFAST:</b><br>Cereal/Wg Toast<br>Fruit/Skim Milk<br><b>LUNCH:</b><br>Salad w/ Ham & Cheese<br>Juice /Skim Milk<br>WG-Bread<br><b>SNACK:</b><br>Peanutbutter<br>Wheat Crackers                | 13       | <b>BREAKFAST:</b><br>Muffins/Wg. Toast<br>Fruit/Skim Milk<br><b>LUNCH:</b><br>Cheese Ravioli<br>Veggies/ Juice<br>Skim Milk/Wg-Bread<br><b>SNACK:</b><br>AppleSauce<br>Chhese Nips                   | 14     | <b>BREAKFAST:</b><br>Pumpkin Pancake/ Sau<br>Skim Milk/ Fruit<br><b>LUNCH:</b><br>Fried Fish/ French Fries<br>Hush Puppies/ Coleslaw<br>Skim Milk/ Wg-Bread<br><b>SNACK:</b><br>Blueberry Muffins<br>Fruit Cup |
| 17     | <b>BREAKFAST:</b><br>SausageGravy/Biscuits<br>Fruit/Skim Milk<br><b>LUNCH:</b><br>Veal Patty/Potatoes<br>Veggie Blend<br>Skim Milk/Wg-Bread<br><b>SNACK:</b><br>Mummy Hot Dogs<br>Grape Juice           | 18      | <b>BREAKFAST:</b><br>Waffles/Wg. Toast<br>Fruit/Skim Milk<br><b>LUNCH:</b><br>Fried Chicken/Potatoes<br>Veggies/ Skim Milk<br>Wg-Bread<br><b>SNACK:</b><br>Pep& Cheese Pizza<br>Apple Juice                  | 19        | <b>BREAKFAST:</b><br>Cereal/Wg. Toast<br>Fruit/Skim Milk<br><b>LUNCH:</b><br>Swedish Meatballs<br>wg- Bread/ Skim Milk<br>Veggies/ Noodles/Juice<br><b>SNACK:</b><br>Peach Cobbler<br>String Cheese | 20       | <b>BREAKFAST</b><br>Pancakes/Wg. Toast<br>Fruit/Skim Milk<br><b>LUNCH:</b><br>Chicken Ceasar Salad<br>Juice/ Wg- Bread<br>Skim Milk/ Ch. Pudding<br><b>SNACK:</b><br>Peanut Butter<br>Wheat Crackers | 21     | <b>BREAKFAST:</b><br>French Toast/Wg. Toast<br>Fruit/ Skim Milk<br><b>LUNCH:</b><br>Pizza / Salad<br>Juice/ Skim Milk<br>Wg- Bread/ Éclair Cake<br><b>SNACK:</b><br>Ham& Cheese<br>Wheat Rounds                |
| 24     | <b>BREAKFAST:</b><br>Waffles/Wg. Toast<br>Fruit/Skim Milk<br><b>LUNCH:</b><br>Macaroni& Cheese<br>Veggie Blend/Peaches<br>Skim Milk/ Wg- Bread<br><b>SNACK:</b><br>Pumpkin Muffin<br>Fruit Cup          | 25      | <b>BREAKFAST:</b><br>SausageGravy/Biscuits<br>Fruit/Skim Milk<br><b>LUNCH:</b><br>Pork Chops/ Potatoes<br>Sauerkraut/Apple Crisp<br>Wg-Bread/ Skim Milk<br><b>SNACK:</b><br>Sloppy Joe<br>Apple Juice        | 26        | <b>BREAKFAST:</b><br>Cereal/Wg. Toast<br>Fruit/Skim Milk<br><b>LUNCH:</b><br>Chef Sald w/ Ham<br>Juice/ Skim Milk<br>Wg- Bread/ Ch. Pie<br><b>SNACK:</b><br>Peanut Butter<br>Wheat Crackers         | 27       | <b>BREAKFAST:</b><br>Oatmeal/Wg. Toast<br>Fruit/Skim Milk<br><b>LUNCH:</b><br>Chicken Stir Fry/ Veggies<br>Fried Rice/ Mellon<br>Wg- Bread Skim Milk<br><b>SNACK:</b><br>Apple Sauce<br>Cheese Nips  | 28     | <b>BREAKFAST:</b><br>Dry Cereal / Fruit<br>Skim Milk/ Wg-Toast<br><b>LUNCH:</b><br>Baked Heb Fish/ Potatoes<br>Asparagus/Wg- Bread<br>Skim Milk/ Sherbert<br><b>SNACK:</b><br>Pumpkin Fluff<br>Graham Cracker  |
| 31     | <b>BREAKFAST:</b><br>French Toast<br>Fruit/Skim Milk/Wg-Toast<br><b>LUNCH:</b><br>Coney/ Tator Tots<br>Bean Salad/Watermelon<br>Wg- Bread/ Skim Milk<br><b>SNACK:</b><br>Pumpkin Bread<br>String Cheese |         |  |           |   |          |  |        |  |

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

\*WG= Whole Grain

\* ALL MILK IS SKIM

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