

CATHOLIC CHARITIES ADULT DAY SERVICES



FEBRUARY 2023



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1	BREAKFAST: Waffles/Wg. Toast Fruit/Skim Milk LUNCH: Roast Beef/Potato Peas&Onion Skim Milk/ Wg-Bread SNACK: Chicken Salad Crossiants	2	BREAKFAST: French Toast/Wg. Toast Fruit/Skim Milk LUNCH: Tuna Noodle Casserole Carrots/Juice Skim Milk/ Wg-Bread SNACK: Banana Muffin Fruit Cup	3	BREAKFAST: Pancakes/Tk Sausage Fruit/SkimMilk LUNCH: Chicken Potato Bake Salad/Pineapple Cake Skim Milk/Wg Bread SNACK: Yogurt Peaches
6	BREAKFAST: Eggs/Wg. Toast Fruit/Skim Milk LUNCH: Beef Barley Casserole Veggies/Juice Skim Milk/ Wg-Bread SNACK: Little Hot Dogs Crescent Rolls	7	BREAKFAST: Muffins/Wg. Toast Fruit/Skim Milk LUNCH: Roast Pork/Veggies Potatoes/Skim Milk Wg-Bread SNACK: Yogurt Peaches	8	BREAKFAST: Cereal/Wg. Toast Fruit/Skim Milk LUNCH: Veal/Potatoes Carrots/Skim Milk Wg-Bread SNACK: Peanutbutter Wheat Crackers	9	BREAKFAST: Pancakes/Wg. Toast Fruit/Skim Milk LUNCH: Chicken a la King Salad/Biscuit Skim Milk/ Wg-Bread SNACK: Pepperoni&Cheese Apple Juice	10	BREAKFAST: French Toast/Wg. Toast Skim Milk/ Fruit LUNCH: Pepperoni Pizza/Salad Juice / Skim Milk Wg-Bread SNACK: BBQ Sliders Mini Buns
13	BREAKFAST: Pancakes/Wg. Toast Fruit/Skim Milk LUNCH: Vegetable Baked Fish Rice/Corn/Juice Skim Milk/ Wg-Bread SNACK: Cubbed Cheese Wheat Crackers	14	BREAKFAST: Oatmeal/Wg. Toast Fruit/Skim Milk LUNCH: Lemon Chicken Soup Salad/Juice /Rolls Skim Milk/ Strawberries SNACK: Peanut butter Wheat Crackers	15	BREAKFAST: Waffles/Wg. Toast Fruit/Skim Milk LUNCH: Lasagna / Salad Juice/ Lemon Bar Skim Milk/Wg-Bread SNACK: Egg Salad Crossiants	16	BREAKFAST Muffins/Wg. Toast Fruit/Skim Milk LUNCH: Maple Glazed Fish Potatoes/Veggies Skim Milk/ Wg-Bread SNACK: Beef Stew Wheat Crackers	17	BREAKFAST: Bacon Casserole Fruit/ Skim Milk LUNCH: Cheese& Black Bean QuesadillaPep/Onion Skim Milk/Wg-Bread SNACK: Blueberry Cobbler String Cheese
20	BREAKFAST: Eggs/Wg. Toast Fruit/Skim Milk LUNCH: Herbed Pork Loin Potatoes/Corn Skim Milk/Wg-Bread SNACK: Presidents Blueberry Strawberry Yogurt Parfait	21	BREAKFAST: Muffins/Wg. Toast Fruit/Skim Milk LUNCH: It. Baked Chicken Noodles/Broccoli/Juice Skim Milk/Wg-Bread SNACK: Peanut Butter Wheat Crackers	22	BREAKFAST: Waffles/Wg. Toast Fruit/Skim Milk LUNCH: Beef Shepards Pie Potatoes/Juice Skim Milk/Wg-Bread SNACK: Apple Cobbler String Cheese	23	BREAKFAST: Pancakes/Wg. Toast Fruit/Skim Milk LUNCH: Glazed Turkey/Stuffing Bread Stuffing/Gr.Beans Juice/Skim Milk/wg-bread SNACK: Banana Bread Fruit Cup	24	BREAKFAST: Cream of Wheat/ Fruit Wg-Toast/Skim Milk LUNCH: Fish/ Rice Veggie/Juice Skim Milk/Wg-Bread SNACK: Hot Dogs Corn Muffin
27	BREAKFAST: Pancakes/Wg. Toast Fruit/Skim MilkSkim Milk LUNCH: Salmon Patty/Rice Broccoli/Juice Skim Milk/ Wg-Bread SNACK: LittleSmokies Apple Juice	28	BREAKFAST: Eggs/Wg. Toast Fruit/Skim Milk LUNCH: Chicken Alfredo Fettuccine/Veggies Skim Milk/ Wg Bread SNACK: Peanutbutter Wheat Crackers						

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

*WG= Whole Grain
* ALL MILK IS SKIM

This Institution Is a Equal Opportunity Provider