

CATHOLIC CHARITIES ADULT DAY SERVICES



JANUARY 2023



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	ADS CLOSED 	3	BREAKFAST: Eggs/Wg. Toast Fruit/Skim Milk LUNCH: Beef Stroganoff/ Noodles Corn/Juice/Wg-Bread Skim Milk SNACK: Egg Salad Wheat Bread	4	BREAKFAST: Waffles/Wg. Toast Fruit/Skim Milk LUNCH: Salad / Ham& Cheese Juice/ Skim Milk Wg-Bread SNACK: Pumpkin Muffins Fruit Cup	5	BREAKFAST: Muffins/Wg. Toast Fruit/Skim Milk LUNCH: Cheese Ravioli/Veggies Wg/Bread/ Skim Milk Juice SNACK: Beef Stew Wheat Crackers	6	BREAKFAST: Fruit/SkimMilk LUNCH: Fried Fish/Fries Cole Slaw/Juice Skim Milk/Wg-Bread SNACK: Apple Cobbler String Cheese
9	BREAKFAST: Biscuits/Gravy Fruit/Skim Milk LUNCH: Breaded Veal/Potatoes Veggie/ Wg-Bread SNACK: Pepperoni& Cheese Pizza Apple Juice	10	BREAKFAST: Waffles/Wg. Toast Fruit/Skim Milk LUNCH: Chicken Wings/Fries Celery Sticks/ Ranch Wg-Bread/ Skim Milk SNACK: Apple Sauce Cheese Nips	11	BREAKFAST: Oatmeal/Wg. Toast Fruit/Skim Milk LUNCH: Broccoli Soup/Salad Juice/ Rolls/ Pie Skim Milk/ Wg-Bread SNACK: Peanutbutter Wheat Crackers	12	BREAKFAST: Pancakes/Wg. Toast Fruit/Skim Milk LUNCH: Chicken Ceaser Salad Juice/ Wg- Bread Skim Milk SNACK: Banana Muffin Fruit Cup	13	BREAKFAST: French Toast/Wg. Toast Skim Milk/ Fruit LUNCH: Pepperoni Pizza Salad/ Juice Skim Milk SNACK: Yogurt Peaches
16	ADS CLOSED MLK JR DAY 	17	BREAKFAST: Eggs/Wg. Toast Fruit/Skim Milk LUNCH: Pork Chop/Gravy Potatoes/Sauerkraut Skim Milk/ Wg-Bread SNACK: Corn Dogs Apple Juice	18	BREAKFAST: French Toast/Wg. Toast Fruit/Skim Milk LUNCH: Bratwurst/ Potato Salad Cooked Cabbage Skim Milk/Wg-Bread SNACK: Blueberry Cobbler String Cheese	19	BREAKFAST Muffins/Wg. Toast Fruit/Skim Milk LUNCH: Turkey w/Gravy Potatoes/ Wg- Bread Green Bean/ Skim Milk SNACK: Peanut butter Wheat Crackers	20	BREAKFAST: Fruit/ Skim Milk LUNCH: Baked Herb Fish Rice/Asparagus Juice/Skim Milk/ Wg Bread SNACK: Chicken Salad WG- Bread
23	BREAKFAST: Eggs/Wg. Toast Fruit/Skim Milk LUNCH: Coney Dog/ Tator Tots 3 Bean Salad/ App. Crisp Skim Milk/ Wg-Bread SNACK: Little Smokies Apple Juice	24	BREAKFAST: Muffins/Wg. Toast Fruit/Skim Milk LUNCH: Taco Salad/ Juice wg- Bread/ Skim Milk Pumpkin Square SNACK: Peanutbutter/Banana English Muffin	25	BREAKFAST: Waffles/Wg. Toast Fruit/Skim Milk LUNCH: Meatloaf/Potatoes Corn/ Wg-Bread Skim Milk SNACK: Chilli Wheat Crackers	26	BREAKFAST: Cream of Wheat/Wg. Toast Fruit/Skim Milk LUNCH: Baked Chicken/Potato Green Beans/Wg-Bread Skim Milk SNACK: Cheese Nips Apple Sauce	27	BREAKFAST: French Toast/Wg. Toast Fruit/Skim Milk LUNCH: Chef Salad w/ Turkey Juice/Wg-Bread Skim Milk SNACK: Peanutbutter Wheat Crackers
30	BREAKFAST: Muffins/Wg. Toast Fruit/Skim Milk LUNCH: Chicken Stir Fry/Veggies Rice / Wg-Bread Skim Milk/Juice SNACK: Pieapple Cobbler String Cheese	31	BREAKFAST: Oatmeal/Wg. Toast Fruit/ Skim Milk LUNCH: Beef Stroganoff/ Noodles Corn/Wg-Bread Skim Milk/Juice SNACK: Egg Salad Wheat Bread						

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

*WG= Whole Grain
* ALL MILK IS SKIM

This Institution Is a Equal Opportunity Provider