

CATHOLIC CHARITIES ADULT DAY SERVICES

MARCH 2023



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1	BREAKFAST: Waffles/Wg. Toast ruit/Skim Milk LUNCH: Roast Beef/Potato Peas&Onion Skim Milk/ Wg-Bread SNACK: Sloppy Joes Mini Sliders	2	BREAKFAST: Muffins/ Skim Milk Wg-Toast/ Fruit LUNCH: Tuna Noodle Casserole Carrots/Juice Skim Milk/ Wg-Bread SNACK: Bananas String Cheese	3	BREAKFAST: Sausage Gravy Biscuit Fruit/ Skim Milk LUNCH: Chicken Potato Bake Salad/Pineapple Cake Skim Milk/Wg Bread SNACK: Blueberry Cobbler Wheat Crackers
		6	BREAKFAST: Cereal/ Wg-Toast Fruit/ Skim Milk LUNCH: Beef Barley Casserole Veggies/Juice Skim Milk/ Wg-Bread SNACK: Cucumber Salad String Cheese	7	BREAKFAST: Breakfast Casserole Wg-Toast/ Fruit Sk. Milk LUNCH: Roast Pork/Veggies Potatoes/Skim Milk Wg-Bread SNACK: Apple Sauce Cheese Nips	8	BREAKFAST: Sausage Gravy /Biscuits Fruit/ Skim Milk LUNCH: Veal/Potatoes Carrots/Skim Milk Wg-Bread SNACK: Chilli Wheat Crackers	9	BREAKFAST: French Toast/ Skim Milk Fruit/ Wg-Toast LUNCH: Chicken a la King Salad/Biscuit Skim Milk/ Wg-Bread SNACK: Meatballs Sliders
13	BREAKFAST: French Toast/Wg. Toast Fruit/Skim Milk LUNCH: Vegetable Baked Fish Rice/Corn/Juice Skim Milk/ Wg-Bread SNACK: Pineapples String Cheese	14	BREAKFAST: Waffles/Wg. Toast Fruit/Skim Milk LUNCH: Turkey Pot Pie Broccoli/Apricot Crisp Skim Milk/ Wg-Bread SNACK: Strawberry Muffins AppleSauce	15	BREAKFAST: Muffins/Wg. Toast Fruit/Skim Milk LUNCH: Lasagna / Salad Juice/ Lemon Bar Skim Milk/Wg-Bread SNACK: Egg Salad Wg- Bread	16	BREAKFAST Pancakes/Wg. Toast Fruit/Skim Milk LUNCH: Maple Glazed Fish Potatoes/Veggies Skim Milk/ Wg-Bread SNACK: Peanutbutter Wheat Crackers	17	BREAKFAST: Fruit/ Skim Milk LUNCH: Cheese& Black Bean QuesadillaPep/Onion Skim Milk/Wg-Bread SNACK: Pulled Pork Mini Sliders
20	BREAKFAST: Waffles/Wg. Toast Fruit/Skim Milk LUNCH: Herbed Pork Loin Potatoes/Corn Skim Milk/Wg-Bread SNACK: Apple Cobbler String Cheese	21	BREAKFAST: Eggs/Wg. Toast Fruit/Skim Milk LUNCH: It. Baked Chicken Noodles/ Broccoli/ Fruit Skim Milk/Wg-Bread SNACK: Banana Muffins Fruit Cup	22	BREAKFAST: French Toast/Wg. Toast Fruit/Skim Milk LUNCH: Beef Shepards Pie Potatoes/Juice Skim Milk/Wg-Bread SNACK: Lima Beans/ W Ham Wheat Crackers	23	BREAKFAST: Oatmeal/Wg. Toast Fruit/Skim Milk LUNCH: Glazed Turkey/Stuffing Bread Stuffing/Gr.Beans Ft. Skim Milk/ Wg-Bread SNACK: Peanutbutter Wheat Crackers	24	BREAKFAST: Egg&Ham Casserole Fruit/ Sk. Milk/ Wg-Toast LUNCH: Fish/ Rice Veggies/ Fruit Skim Milk/Wg-Bread SNACK: Little Smokies Apple Juice
27	BREAKFAST: Eggs/Wg. Toast Fruit/Skim Milk LUNCH: Salmon Patty/Rice Broccoli/Juice Skim Milk/ Wg-Bread SNACK: Strawberry & Blueberry Yogurt Parfait	28	BREAKFAST: French Toast/Wg. Toast Fruit/Skim Milk LUNCH: Chicken Alfredo/ Fru Fettuccine/Veggies Skim Milk SNACK: Egg Salad Wg-Bread	29	BREAKFAST: Waffles/Wg. Toast Fruit/Skim Milk LUNCH: Roast Beef/Potato Peas&Onion Skim Milk/ Wg-Bread SNACK: Peanut Butter Wheat Crackers	30	BREAKFAST: Pancakes/Wg. Toast Fruit/Skim Milk LUNCH: Tuna Noodle Casserole Carrots/ Fruit Skim Milk/ Wg-Bread SNACK: Mini Corn Dog Apple Juice	31	BREAKFAST: Muffins/Wg. Toast Fruit/Skim Milk LUNCH: Chicken Potato Bake Salad/Pineapple Cake Skim Milk/Wg Bread SNACK: Pineapple String Cheese

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

*WG= Whole Grain
* ALL MILK IS SKIM

This Institution Is a Equal Opportunity Provider