

## Adult Day Services

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
		<p>English Muffin Mandarin Oranges</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Diced Pears Wheat Bread</p> <p>Graham Crackers Yogurt</p>	<p>Cold Cereal Banana</p> <p>Turkey Meatballs Green beans Peaches Spaghetti Noodles</p> <p>Goldfish Unsweetened Juice</p>	<p>Waffle Applesauce</p> <p>Ravioli Salad Mix Pineapples Wheat Bread</p> <p>Diced Pears Cheez it Crackers</p>
7	8	9	10	11
<p>Pancake Diced Pears</p> <p>Meatloaf w/Gravy Mash Potatoes Peaches Wheat Bread</p> <p>Pineapples Raisin Bread</p>	<p>Warm Apples Cereal</p> <p>Chicken Patty Smiley Fries Mixed Fruit Hamburger Bun</p> <p>Ritz Crackers Unsweetened Juice</p>	<p>Mini Bagel Mixed Fruit</p> <p>Fish Lima Beans Mandarin Oranges Wheat Bread</p> <p>Applesauce Tortilla Chips</p>	<p>Cold Cereal Banana</p> <p>Cheese Pizza Corn Diced Pears Pizza Crust</p> <p>Goldfish Unsweetened Juice</p>	<p>Waffle Mandarin Oranges</p> <p>Tuna Fish Salad Mix Pineapples Wheat Crackers</p> <p>Peaches Wheat Crackers</p>
14	15	16	17	18
<p>Cold Cereal Peaches</p> <p>Meatballs Broccoli Mandarin Oranges Hot Dog Roll</p> <p>Diced Pears Cheez it Crackers</p>	<p>Oatmeal Warm Apples</p> <p>Turkey w/Gravy Mash Potatoes Pineapples Wheat Bread</p> <p>Saltine Crackers Unsweetened Juice</p>	<p>Cold Cereal Banana</p> <p>Diced Chicken w/Gravy Mixed Vegetables Mandarin Oranges Biscuits</p> <p>Soft Pretzel Peaches</p>	<p>Mini Bagel Applesauce</p> <p>Fish Wedge Green Beans Diced Pears Hot Dog Roll</p> <p>Animal Crackers Apple Juice</p>	<p>Raisin Bread Mixed Fruit</p> <p>Chicken Fajita Lettuce Mix Peaches Tortilla Wrap</p> <p>Yogurt Graham Crackers</p>
21	22	23	24	25
 <b>Center Closed</b>	<p>Pancakes Warm Apples</p> <p>Cheese Pizza Mixed Fruit Green Beans</p> <p>Diced Pears Goldfish</p>	<p>English Muffins Mandarin Oranges</p> <p>Chicken Tenders Carrots Peaches Wheat Bread</p> <p>Animal Cookies Unsweetened Juice</p>	<p>Cereal Diced Peaches</p> <p>Salisbury Steak w/Gravy Peas Diced Pears Egg Noodles</p> <p>Applesauce Graham Crackers</p>	<p>Biscuit Mixed Fruit</p> <p>Tuna Fish Broccoli Pineapples Wheat Bread</p> <p>Warm Apples Raisin Bread</p>
28	29	30	31	
<p>Warm Apples French Toast Sticks</p> <p>Fish Wedge Mixed Fruit Smiley Fries Wheat Bread</p> <p>Animal Cookies Unsweetened Juice</p>	<p>Oatmeal Diced Peaches</p> <p>Chicken Patty Greens Applesauce Wheat Bread</p> <p>Pineapples Pretzel Twists</p>	<p>English Muffin Mandarin Oranges</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Diced Pears Wheat Bread</p> <p>Graham Crackers Yogurt</p>	<p>Cold Cereal Banana</p> <p>Turkey Meatballs Green beans Peaches Spaghetti Noodles</p> <p>Goldfish Unsweetened Juice</p>	<p><b>Notes:</b> 1% Milk served with Breakfast and Lunch</p>