



Daybreak Adult Day Services

Lunch Menu
October 2018



Lemonade, Iced Tea, Milk and Water offered with lunch. LUNCH SERVED DAILY at NOON.

Mon	Tue	Wed	Thu	Fri
1 Cream Chip Beef on Whole Grain Toast Peas and Carrots Pineapple	2 Chicken Pot Pie Mixed Vegetables Biscuit Peaches	3 Fish Fillet on Whole Grain Roll Vegetable Soup Chips Fruit Cocktail	4 Hot Turkey with Gravy On Whole Grain Bread Green Beans Pears	5 Pancakes Hash Browns Sausage Patty Baked Apples
8 Turkey & Cheese Tortillas with Lettuce/ Tomato Chicken Noodle Soup Penn. Mixed Veggies. Banana	9 Beef Noodle Casserole With Pasta Green Beans Garlic Bread Orange Sections	10 Grilled Cheese on Whole Grain Bread Stewed Tomatoes Baked Apples	11 Chicken Tenders Sweet Potatoes Broccoli Whole Grain Roll Mandarin Oranges	12 Ham Steak Scalloped Potatoes Carrots Corn Bread Ambrosia
15 Baked Fish Calif. Mixed Vegetables Rice Whole Grain Roll Mandarin Oranges	16 Turkey Chili Succotash Corn Bread Ambrosia	17 Meatloaf with Gravy Mashed Potatoes Peas & Onions Whole Grain Roll Jello	18 Chicken Salad on Whole Grain Bread With Lettuce/Tomato Minestrone Soup Fruit Cocktail	19 Roast Beef with Gravy Green Bean Casserole Whole Grain Bread Pears
22 Chicken Parmesan on Ziti Pasta with sauce Tossed Salad Garlic Bread Applesauce	23 Beef Stew with Potatoes & Carrots Whole Grain Roll Ambrosia	24 Chicken Alfredo Whole Grain Pasta Broccoli Whole Grain Roll Peaches	25 Egg Salad on Whole Grain Bread Italian Wedding Soup 3 Bean Salad Banana	26 Turkey with Gravy Bread Stuffing Green Beans Whole Grain Roll Pears
29 BBQ Chicken Cauliflower with Cheese Whole Grain Rice Pilaf Corn Bread Peaches	30 Salisbury Steak with Gravy Mashed Potatoes Green Beans Whole Grain Roll Jello	31 Beef Chili Succotash Corn Muffins Pineapple		