

Happy  
Holidays!

# Daybreak Adult Day Services

Lunch Menu

December 2018



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

Mon	Tue	Wed	Thu	Fri
3 Ham & Cheese on Whole Grain Bread Potato Soup Carrots Mixed Fruit	4 Roast Beef w/Gravy Mashed Potatoes Green Beans Whole Grain Roll Applesauce	5 Chicken Tenders Macaroni & Cheese Green Beans Whole Grain Roll Peaches	6 Meatloaf Au gratin Potatoes Broccoli Whole Grain Roll Ambrosia	7 Fish Square on Whole Grain Bun Vegetable Soup Fruit Cocktail
10 Creamed Chip Beef over Whole Grain Bread Mixed Vegetables Baked Apples	11 Beef Chili Cole Slaw Corn Muffins Mandarin Oranges	12 Spaghetti w/Meat Sauce Tossed Salad Garlic Bread Pears	13 Baked Ham w/raisin sauce Broccoli & Cauliflower Sweet Potatoes Whole Grain Roll Jello	14 French Toast w/Syrup Sausage Patty Hash Browns Baked Apples
17 Chicken Filet on Whole Grain Bun Minestrone Soup Broccoli Pears	18 Tuna Salad & Cheese on Whole Grain Bread Vegetable Soup Pineapple	19 Egg Salad on Whole Grain Bread w/Lettuce & Tomato Vegetable Soup Applesauce	20 Roast Beef w/Gravy Carrots & Potatoes Whole Grain Roll Pineapple	21 Baked Chicken Green Bean Casserole Bread Stuffing Whole Grain Roll Pears
24 Grilled Cheese on Whole Grain Bread Green Beans Orange Sections	25 HAPPY HOLIDAYS!!  CENTER IS CLOSED	26 Salisbury Steak w/Gravy Mashed Potatoes Green Beans Whole Grain Roll Fruit Ambrosia	27 Chicken Patty on Whole Grain Bun Italian Wedding Soup Corn Peaches	28 Beef Noodle Casserole Peas Whole Grain Roll Mixed Fruit
31 Baked Fish Rice Pilaf Carrots & Peas Whole Grain Roll Pears				

“ This program is an equal opportunity provider”