




Daybreak Adult Day Services

Lunch Menu

January 2019



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

Mon	Tue	Wed	Thu	Fri
	<p>1</p> <p>HAPPY NEW YEAR!!</p> 	<p>2 Ham & Cheese on Whole Grain Bread Potato Soup Carrots Mixed Fruit</p>	<p>3 Roast Beef w/Gravy Carrots & Potatoes Whole Grain Roll Pineapple</p>	<p>4 Beef Chili Cole Slaw Corn Muffins Mandarin Oranges</p>
<p>7 Baked Fish Rice Pilaf Carrots & Peas Whole Grain Roll Pears</p>	<p>8 French Toast w/Syrup Sausage Patty Hash Browns Baked Apples</p>	<p>9 Lasagna Tossed Salad Garlic Bread Pears</p>	<p>10 Grilled Cheese on Whole Grain Bread Tomato Soup Green Beans Orange Sections</p>	<p>11 Baked Ham w/raisin sauce Broccoli & Cauliflower Sweet Potatoes Whole Grain Roll Jello</p>
<p>14 Chicken Tenders Macaroni & Cheese Green Beans Whole Grain Roll Peaches</p>	<p>15 Tuna Salad & Cheese on Whole Grain Bread Vegetable Soup Pineapple</p>	<p>16 Baked Chicken Green Bean Casserole Bread Stuffing Whole Grain Roll Pears</p>	<p>17 Meatloaf Au gratin Potatoes Broccoli Whole Grain Roll Ambrosia</p>	<p>18 Fish Square on Whole Grain Bun Vegetable Soup Fruit Cocktail</p>
<p>21 Beef Noodle Casserole Peas Whole Grain Roll Mixed Fruit</p>	<p>22 Creamed Chip Beef over Whole Grain Bread Mixed Vegetables Baked Apples</p>	<p>23 Salisbury Steak w/Gravy Mashed Potatoes Green Beans Whole Grain Roll Fruit Ambrosia</p>	<p>24 Egg Salad on Whole Grain Bread w/Lettuce & Tomato Vegetable Soup Applesauce</p>	<p>25 Chicken Filet on Whole Grain Bun Minestrone Soup Broccoli Pears</p>
<p>28 Baked Chicken over Alfredo Noodles Italian Vegetables Corn Bread Peaches</p>	<p>29 Spaghetti w/Meat Sauce Tossed Salad Garlic Bread Pears</p>	<p>30 Roast Beef w/Gravy Mashed Potatoes Green Beans Whole Grain Roll Applesauce</p>	<p>31 Chicken Pot Pie Carrots & Peas Biscuits Banana</p>	

“ This program is an equal opportunity provider”