



# Daybreak Adult Day Services

Lunch Menu  
September 2019



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

Mon	Tue	Wed	Thu	Fri
2 LABOR DAY  CENTER IS CLOSED	3 Chicken w/Alfredo Sauce Whole Grain Pasta Broccoli Whole Grain Roll Peaches	4 Baked Fish Calif. Blend Vegetables Rice Whole Grain Roll Mandarin Oranges	5 Salisbury Steak w/Gravy Mashed Potatoes Green Beans Whole Grain Roll Jello	6 Turkey & Cheese on Whole Grain Bread w/lettuce & tomato Chicken Noodle Soup Penn. Blend Vegetables Banana
9 Spaghetti w/Meat Sauce Tossed Salad Garlic Bread Peaches	10 Egg Salad on Whole Grain Bread Italian Wedding Soup 3 Bean Salad Banana	11 Hot Turkey w/Gravy Green Beans Whole Grain Rolls Pears	12 BBQ Chicken Whole Grain Rice Pilaf Calif. Blend Vegetables Whole Grain Roll Applesauce	13 Fish Filet on Whole Grain Roll Vegetable Soup Chips Fruit Cocktail
16 Cream Chip Beef on Whole Grain Toast Peas & Carrots Pineapple	17 Meatloaf w/Gravy Mashed Potatoes Peas & Onions Whole Grain Roll Jello	18 Chicken Salad on Whole Grain Bread w/lettuce & tomato Minestrone Soup Fruit Cocktail	19 Turkey w/Gravy Bread Stuffing Green Beans Whole Grain Roll Pears	20 Beef Noodle Casserole Pasta Green Beans Garlic Bread Orange Sections
23 Pancakes Hash Browns Sausage Patty Baked Apples	24 Grilled Cheese on Whole Grain Bread Tomato Soup Peaches	25 Roast Beef w/Gravy Green Bean Casserole Whole Grain Roll Pears	26 Ham Steak Scalloped Potatoes Carrots Corn Bread Ambrosia	27 Beef Chili Succatash Corn Muffin Pineapple
30 Chicken Tenders Broccoli Sweet Potatoes Whole Grain Roll Mandarin Oranges				