



Daybreak Adult Day Services

Lunch Menu
November 2019



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

Mon	Tue	Wed	Thu	Fri
				1 Baked Fish Calif. Blend Vegetables Rice Whole Grain Roll Mandarin Oranges
4 Cream Chip Beef on Whole Grain Toast Peas & Carrots Pineapple	5 Turkey Chili Succatash Corn bread Ambrosia	6 BBQ Chicken Whole Grain Rice Pilaf Calif. Blend Vegetables Whole Grain Roll Applesauce	7 Roast Beef w/Gravy Green Bean Casserole Whole Grain Roll Pears	8 Pancakes Hash Browns Sausage Patty Baked Apples
11 Fish Filet on Whole Grain Roll Vegetable Soup Chips Fruit Cocktail	12 Chicken Salad on Whole Grain Bread w/lettuce & tomato Minestrone Soup Pears	13 Grilled Cheese on Whole Grain Bread Tomato Soup Peaches	14 Beef Stew w/beef cubes, Potatoes & carrots Whole Grain Roll Ambrosia	15 Meatloaf w/Gravy Mashed Potatoes Peas & Onions Whole Grain Roll Jello
18 Chicken w/Alfredo Sauce Whole Grain Pasta Broccoli Whole Grain Roll Peaches	19 Turkey & Cheese on Whole Grain Bread w/lettuce & tomato Chicken Noodle Soup Penn. Blend Vegetables Banana	20 Ground Beef Casserole w/Cheese over pasta Tossed Salad Garlic Bread Mixed Fruit	21 Thanksgiving Dinner Turkey w/Gravy Mashed Potatoes Bread Stuffing Green Beans Whole Grain Roll Pears	22 Egg Salad on Whole Grain Bread Italian Wedding Soup 3 Bean Salad Banana
25 Beef Chili Succatash Corn Muffin Pineapple	26 Chicken Tenders Broccoli Sweet Potatoes Whole Grain Roll Mandarin Oranges	27 Ham Steak Scalloped Potatoes Carrots Corn Bread Ambrosia	28 Happy Thanksgiving!! Center is Closed	29 Spaghetti w/Meat Sauce Tossed Salad Garlic Bread Peaches