



Daybreak Adult Day Services

Lunch Menu
October 2021



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

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