



Daybreak Adult Day Services

Lunch Menu
January 2022



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

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

“ This program is an equal opportunity provider”