



Daybreak Adult Day Services

Lunch Menu
September 2022



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

Mon	Tue	Wed	Thu	Fri
			1 Sausage Gravy on Biscuits Scrambled Eggs Mixed Vegetables Watermelon	2 Open Face Hot Turkey Sandwich with Gravy Mashed Potatoes Green Beans Ambrosia
5 Closed	6 Baked Fish Macaroni and Cheese Stewed Tomatoes Fruit Cocktail	7 Spaghetti with Meatballs Garlic Bread Side Salad Pears	8 Chicken Salad on Whole Grain Bread 3 Bean Salad Pineapple	9 Hawaiian Ham Steak Sweet Potatoes Peas, Whole Grain Roll Banana
12 Chipped Beef over Biscuits Scrambled Eggs Carrot Raisin Salad Oranges	13 Chicken Tenders Potato Salad Carrots, Whole Grain Roll Pineapple	14 Tuna Salad on Whole Grain Bread, Lettuce, Tomatoes Minestrone Soup Watermelon	15 Hot Dog on Whole Grain Roll Baked Beans Coleslaw Fruit Cocktail	16 Taco Salad with Beef, Cheese, Sour Cream, Tomatoes and Salsa, Tortilla Chips Pears
19 Beef & Broccoli Stir Fry Fried Rice Egg Roll Orange slices	20 Fish Sandwich on Whole Grain roll Veggie Soup Pears	21 Beef Chili Corn Muffin Side Salad Watermelon	22 Egg Salad on Whole Grain Bread Broccoli Salad Strawberries	23 Chicken Pot Pie Over Biscuits Zucchini Peaches
26 Open Face Tuna Melt on Whole Grain Bread Coleslaw Pears	27 Chicken Parmesan Ziti with Sauce Broccoli, Garlic Bread Blueberries	28 Salisbury Steal with Gravy Mashed Potatoes, Peas Whole Grain Roll Strawberries	29 Pancakes Hashbrowns Sausage Bakes Apples	30 Shepherd's Pie with Ground Beef, Peas, Carrots, and Mashed Potatoes Whole Grain Roll

“ This program is an equal opportunity provider”