

# Adult Day Care

## WEEK 3 Winter 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Farina 8 oz. Scrambled Egg 2 oz. Whole Wheat Toast 1 slice Banana 1 each Milk 1% 8 oz.	Grits 8 oz. Scrambled Egg 2 oz. Whole Wheat Toast 1 sl. Fruit Cocktail ½ cup Milk 1% 8 oz.	Oatmeal 8 oz. French Toast 1 ½ slice Banana 1 each Milk 1% 8 oz.	Oatmeal 8 oz. Bacon, Egg, Cheese Sandwich on Biscuit Apricots ½ cup Milk 1% 8 oz.	Oatmeal 8 oz. Cheese Blintz with Blueberry Sauce 2 ea. Pineapple Tidbits ½ cup Milk 1% 8 oz.
<b>Lunch 1</b>	<b>Lunch 1</b>	<b>Lunch 1</b>	<b>Lunch 1</b>	<b>Lunch 1</b>
Baked Potato Chowder 6 oz. Garden Chili 6 oz. Rice 1 cup Zucchini ½ cup Sliced Pears ½ cup 1% Milk 8 oz.	Chicken Orzo & Herb Soup 6 oz. Meatballs Marinara 3 oz. Meat Farfale Pasta 1 cup Italian Bean Medley ½ cup Grapes ½ cup 1% Milk 8 oz.	Leek Spinach Soup 6 oz. Roasted Chicken 3 oz. Farro Pilaf 1 cup Carrots Vichy ½ cup Sliced Peaches ½ cup 1% Milk 8 oz.	Turkey Vegetable Soup 6 oz. Tuna Salad Sandwich 3oz. Meat on Bread Green Beans ½ cup Applesauce ½ cup 1% Milk 8 oz.	Chicken Mulligatawny Soup 6 oz. Lamb & Barley Stew 3 oz. Meat Egg Noodles 1 cup Autumn Vegetable Medley ½ cup Blushed Pears ½ cup 1% Milk 8 oz.
<b>Lunch 2</b>	<b>Lunch 2</b>	<b>Lunch 2</b>	<b>Lunch 2</b>	<b>Lunch 2</b>
Baked Potato Chowder 6 oz. Turkey Sandwich 3 oz. Meat on Bread Zucchini ½ cup Sliced Pears ½ cup 1% Milk 8 oz.	Chicken Orzo & Herb Soup 6 oz. Baked Chicken Farfale Pasta 1 cup Italian Bean Medley ½ cup Grapes ½ cup 1% Milk 8 oz.	Leek Spinach Soup 6 oz. Pastrami Sandwich 3 oz. Meat on Rye Bread Carrots Vichy ½ cup Sliced Peaches ½ cup 1% Milk 8 oz.	Mushroom Bisque 6 oz. Chicken Salad Sandwich 3oz. Meat on Bread Green Beans ½ cup Applesauce ½ cup 1% Milk 8 oz.	Chicken Mulligatawny Soup 6 oz. Baked Chicken 3 oz. Meat Egg Noodles 1 cup Autumn Vegetable Medley ½ cup Blushed Pears ½ cup 1% Milk 8 oz.
<b>2pm Snack</b>	<b>2pm Snack</b>	<b>2pm Snack</b>	<b>2pm Snack</b>	<b>2pm Snack</b>
Cheese Cubes 1 oz. Carrot Sticks ½ cup	Bran Muffin 1 each Banana 1 each	Peanut Butter Cup 1 oz. Apple Slices ½ cup	Banana 1 each Yogurt 6 oz.	Cottage Cheese ½ cup Fruit Cocktail ½ cup

**\*Assorted Juices, Coffee/Tea, Milk, & Yogurt Are Available at All Meals. Menus Subject To Change According To Availability\***