

NORTHLAND ADULT DAY CENTER
MAY 2022----- BREAKFAST, LUNCH, and SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<i>Cream of wheat, Peaches</i>	<i>Cold Cereal, bananas</i>	<i>Biscuits and Gravy, Juice</i>	<i>Raisin Toast, Scrambled Eggs</i>	<i>Cottage Cheese, Peaches, muffins</i>
Tomato Basil Soup	Meat Loaf	Egg Salad Sandwich	Soft Shell Tacos	Breaded Fish
Grilled Cheese Sandwich	Mashed Potatoes	Vegetable Soup	Red Beans	Mac N Cheese
Fruit Cup	Green Beans	Mixed Fruit	Rice	Coleslaw
			Fruit Cocktail	
<i>Peanut butter crackers</i>	<i>Vanilla wafers</i>	<i>Veggie Stcks</i>	<i>Sopaipillas</i>	<i>Fruit Snacks</i>
9	10	11	12	13
<i>Cold Cereal, Bananas</i>	<i>Oatmeal, Cranberries</i>	<i>Scramble Eggs, Sausage, Juice</i>	<i>Bagels w/cream cheese, Mix Fruit</i>	<i>Buttermilk Biscuits & Jelly, Juice</i>
Chili cheese dog w/bun	Supreme Pizza	Baked Chicken w/Dressing	Chicken Taco Salad w/	Bean and Weenie Casserole
Tator Tots	Garden Salad w/dressing	Mixed Greens	Lettuce, tomatoes, onions	Fruit Salad
Mandarin Oranges	Applesauce	Cranberry Sauce	Buttered Corn	Bread and Butter
<i>Gram Crackers</i>	<i>Fruit Bar</i>	<i>Fudge Brownie</i>	<i>Apple Slices</i>	<i>Veggie Chips</i>
16	17	18	19	20
<i>Banana Muffins, Eggs, Juice</i>	<i>French Toast, Bacon, Juice</i>	<i>Cottage Cheese, Raisin Toast</i>	<i>Hashbrown Casserole, Juice</i>	<i>Cold Cereal, Fruit</i>
Bean Soup	Chicken Salad Sandwich	Salisbury Steak	Spaghetti & Meatballs	Tuna Salad Sandwiches
Cucumber Salad	Cucumber Salad	Mashed Potatoes	Salad	Minestrone Soup
Corn Bread	Fruit Cup	Green Beans	Bread and Butter	Mandarin Oranges
<i>Gram Crackers</i>	<i>Cherry Pie</i>	<i>Cheese N Crackers</i>	<i>Devil's Food Cake</i>	<i>Ice Cream</i>
23	24	25	26	27
<i>Biscuits and Gravy, Juice</i>	<i>Raisin Toast, Eggs</i>	<i>Oatmeal, Cinnamon Apples</i>	<i>Cold Cereal Bananas</i>	<i>Waffles, Sausage link, Juice</i>
Chicken Sandwich w/Bun	Shepherd's Pie w/	Chicken Spinach Pasta	Turkey Wrap	Hamburger w/Bun
French Fries	Mashed Potatoes	Garden Salad w/dressing	Veggie Sticks w/ranch dressing	Baked Potato Chips
Fruit cup	Mixed Vegetables	Garlic Bread	Baked Chips	Three Bean Salad
	Peaches			
<i>Fruit Snacks</i>	<i>Peanut Butter Crackers</i>	<i>Vanilla Wafers</i>	<i>Cookies</i>	<i>Granola Bar</i>
30	31			
MEMORIAL DAY-CLOSED	<i>Breakfast Sandwich Juice</i>			
	BBQ Ribs			
	Baked Beans			
	Honey glazed carrots			
	<i>Root Beer Floats</i>			

All meals are served with 1% or skim milk.

Northland ADC operates in accordance with U.S. Department of Agriculture policy, which prohibits discrimination on the basis of race, color, sex, age, disability or national origin.

Northland ADC reserves the right to change meals at any time

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD).