




NORTHLAND ADULT DAY CENTER
July 2024---- BREAKFAST, LUNCH, and SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<i>Eggs, Muffin</i>	<i>Cottage Cheese, Fruit</i>	<i>Cold Cereal, Bananas</i>	CLOSED	CLOSED
Grilled Cheese Sandwich	Tuna Salad Sandwich	Grilled Polish Sausage		
Vegetable Soup	Lettuce Tomato, Onion	Potato Salad		
Fruit Cocktail	Fruit Cup	Baked Beans		
<i>Fruit Snacks</i>	<i>Oatmeal Cookie</i>	<i>Holiday Treat</i>		
8	9	10	11	12
<i>Biscuit and Gravy, Juice</i>	<i>Breakfast Sandwich, Juice</i>	<i>Blueberry Pancakes, Sausage, Juice</i>	<i>Cottage Cheese, Fruit, Muffin</i>	<i>Oatmeal w/raisins, Toast</i>
Chicken Salad w/Croissant	Cheeseburger w/bun	Salisbury Steak w/gravy	Turkey Sandwich	Chef Salad w/chicken
Baked Chips	Lettuce, Tomato, Onion	Mashed Potatoes	Baked Chips	Crackers
Applesauce	Waffle Fries	Mixed Vegetables	Grapes	Fruit Cup
<i>Rice Crispy Treats</i>	<i>Sugar Cookie</i>	<i>Oatmeal cream pie</i>	<i>Popsicle</i>	<i>Vanilla wafers</i>
15	16	17	18	19
<i>Eggs, Sausage, Juice</i>	<i>Cold Cereal & Bananas</i>	<i>Cottage Cheese w/Peaches, Muffin</i>	<i>Waffles, Bacon, juice</i>	<i>Bagels w/Cream Cheese, Fruit</i>
Supreme Pizza	Beef Taco Salad	Chili Dog w/bun	Sloppy Joe w/bun	Tuna Salad Sandwich
Garden Salad w/dressing	Yellow Rice	Tator Tots	Buttered Corn	Baked Chips
Mandarin Oranges	Fruit Cup	Buttered Corn	Jello w/Fruit	Grapes
<i>Fruit Snacks</i>	<i>Ice Cream</i>	<i>Oatmeal Cookie</i>	<i>Pudding snack</i>	<i>Granola Bar</i>
22	23	24	25	26
<i>Oatmeal Fruit</i>	<i>Bagels w/Cream Cheese Fruit</i>	<i>Veggie Egg Bake, Toast</i>	<i>Cold Cereal Bananas</i>	<i>French Toast Sausage Juice</i>
Chicken Spinach Pasta	Chef Salad w/chicken	Chili Mac	Soft Tacos	Turkey Sandwich
Caesar Salad	Crackers	Green Beans	Spanish Rice	Baked Chips
Fruit	Fruit Cocktail	Applesauce	Sliced Peaches	Fruit up
		Bread and Butter		
<i>Graham Crackers</i>	<i>Ice Cream Floats</i>	<i>Peanut Butter Crackers</i>	<i>Cheese & Crackers</i>	<i>Fruit Snacks</i>
29	30	31		
<i>Buttermilk Biscuits & Jelly, Juice</i>	<i>Eggs, Toast, Fruit</i>	<i>Muffins, Cottage Cheese</i>		
Spaghetti w/meat sauce	Shrimp Broccoli Alfredo	Salisbury Steak w/ Gravy		
Garden Salad w/dressing	Cucumber Salad	Mashed Potatoes		
Garlic Bread	Garlic Bread	Buttered Squash		
Jello w/fruit				
<i>Ice Cream</i>	<i>Cookies</i>	<i>Fruit Bar</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).