





NORTHLAND ADULT DAY CENTER
JANUARY 2023---- BREAKFAST, LUNCH, and SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<i>CLOSED</i>	<i>Cereal and Bananas</i>	<i>Bacon, Eggs, Toast, Juice</i>	<i>Cottage Cheese, Fruit</i>	<i>Oatmeal w/Raisin Toast</i>
	Chicken Alfredo Sweet Peas Fruit Cup Bread and Butter <i>Cupcakes</i>	Meatloaf w/gravy Mashed Potatoes Buttered Corn <i>Applesauce</i>	Beef Lasagne Garden Salad w/dressing Garlic Toast <i>Birthday Cake</i>	Turkey on Croissant Baked Chips Celery Sticks w/ranch <i>Fruit Cup</i>
9	10	11	12	13
<i>Breakfast Sandwich, Juice</i>	<i>Cream of Wheat, Toast, Juice</i>	<i>Oatmeal w/apple cinnamon</i>	<i>Bagels & Fruit</i>	<i>Cereal and Bananas</i>
Cheeseburger w/ Buttered Corn Tator Tots <i>Nilla Wafers & Milk</i>	Beef Spaghetti Garden Salad w/dressing Garlic Toast <i>celery sticks</i>	Beans and Ham Soup Cornbread Cucumber Salad <i>Jello</i>	Stewed Chicken w/rice Green Beans Fruit Cup <i>Birthday Cake</i>	Chili dogs w/bun French Fries Coleslaw <i>Fruit Bar</i>
16	17	18	19	20
	<i>Biscuit and Gravy, Juice</i>	<i>Hot Cereal, Muffin, Juice</i>	<i>Waffles, Bacon, Juice</i>	<i>Cold Cereal N Bananas</i>
	Grilled Cheese Sandwich Tomato Soup Fruit <i>Veggie Sticks</i>	Shepherd's Pie Mixed Vegetables Bread and Butter Mixed Fruit <i>Celery Sticks w Peanut Butter</i>	Baked Fish Macaroni and Cheese Sweet Peas Fruit Cup <i>Oatmeal cookie</i>	Salisbury Steak w/gravy Jasmine Rice Green Beans Pineapples <i>Pop Corn</i>
23	25	26	27	28
<i>Cold Ceral & Bananas</i>	<i>Breakfast Sandwich Juice</i>	<i>Blueberry Pancakes & Sausage</i>	<i>Oatmeal Fruit</i>	<i>Cottage Cheese, Fruit, Muffin</i>
Chili Cucumber Salad Crackers Mandarin Oranges <i>Yogurt</i>	Chicken and Dumplings Garden Salad w/dressing Fruit Cup <i>Peanut Butter Crackers</i>	Sloppy Joe Sweet Corn Tator Tots <i>Veggie Sticks</i>	Roasted Pork Stewed Vegetables Cornbread Pears <i>fruit snacks</i>	Fish Sandwich French Fries Coleslaw <i>Pop Corn</i>
30	31			
<i>French Toast , Eggs, Juice</i>	<i>Sausage, Grits, Fruit</i>			
Hot Ham & Cheese Sandwich Baked Chips Fruit Cup <i>Veggie Sticks</i>	Chicken Broccoli Casserole Bread and Butter Fruit			

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).