

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<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>
Shimp Alfredo	Pork Stir-Fry w/	Chef Salad w/Turkey	Tuna Salad Sandwich	Soft Shell Chicken Tacos
Broccoli	Vegetables	Fruit Cup	Baked Chips	Lettuce, Tomatoes, Onion
Fuit Cup	Mixed Fruit	Crackers	Apple Sauce	Yellow Rice
Garlic Toast	Bread and Butter			Fruit Cocktail
<i>Peanut butter crackers</i>	<i>Vanilla wafers</i>	<i>Veggie Stcks</i>	<i>Oatmeal pie</i>	<i>Fruit Snacks</i>
8	9	10	11	12
<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 Buscuits & Jelly, Juice</i>
Chili cheese dog w/bun	Supreme Pizza	Turkey Wrap	Sloppy Joe w/bun	Bean and Weenie Casserole
Tator Tots	Garden Salad w/dressing	Veggie Sticks w/ranch dressing	French Fries	Fruit Salad
Mandarin Oranges	Applesauce	Baked Chips	Coleslaw	Bread and Butter
<i>Graham Crackers</i>	<i>Fruit Bar</i>	<i>Cookies</i>	<i>Apple Slices</i>	<i>Veggie Chips</i>
15	16	17	18	19
<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>
Tomato Basil Soup	Chicken Salad Sandwich	Salisbury Steak	Turkey Spaghetti	Tuna Salad Sandwiches
Grilled Cheese Sandwich	Cucumber Salad	Mashed Potatoes	Garden Salad w/dressing	Pasta and veggie Salad
Sliced Pears	Fruit Cup	Green Beans	Bread and Butter	Mandarin Oranges
<i>Fruit Jello</i>	<i>Celery & Carrot Sticks</i>	<i>Cheese N Crackers</i>	<i>Devil's Food Cake</i>	<i>Ice Cream</i>
22	23	24	25	26
<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>
Fish Sandwich w/Bun	Smoked Pork	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>
29	30	31	 	
MEMORIAL DAY-CLOSED	<i>Breakfast Sandwich Juice</i>	<i>Cream of Wheat, Fruit</i>		
	Ham & Cheese Sandwich	Fish Sticks		
	Baked Chips	Macaroni & Cheese		
	Fruit Cup	Mixed Vegetables		
	<i>Pretzels</i>	<i>Flavored Icee</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 cal (202) 720-5964 (voice and TDD).