

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<i>Cinnamon Oatmeal, apples</i>	<i>Breakfast Sandwich, Juice</i>	<i>Cereal and Bananas</i>	<i>Blueberry Muffins, Cottage Cheese</i>
	Tuna Casserole	Turkey & Cheese Sandwich	Hot Dog w/Bun	Fish Sandwich
	Sweet Peas	Vegetable Soup	Baked Chips	Sweet Potato Fries
	Fruit cup	Pineapple Chunks	Mandarin oranges	Cole Slaw
	<i>Oatmeal Pies</i>	<i>Apple slices</i>	<i>Graham Crackers</i>	<i>Veggie Chips</i>
7	8	9	10	11
<i>Waffles, fruit, Sausage</i>	<i>Grits, Toast, Juice</i>	<i>Cold Cereal & Bananas</i>	<i>Cranberry Muffins, Eggs</i>	<i>Sausage, Eggs, Juice</i>
Ham & Cheese Sandwich	Baked Chicken	Baby Back Ribs	Chili w/beans	Salisbury Steak
Baked Chips	Mashed Potatoes	Mac n Cheese	Tomato & Cucumber Salad	Rice w/gravy
Fruit Cup	Steamed Broccoli	Sauteed cabbage	Crackers	Green Beans
	Bread and Butter	Cornbread		Pineapple
<i>Vanilla Wafers</i>	<i>Birthday Cake</i>	<i>Cheese Nips</i>	<i>Birthday Cupcakes</i>	<i>Veterans Day Cupcakes</i>
14	15	16	17	18
<i>Blueberry Pancakes, Bacon</i>	<i>Raisin Toast, Eggs</i>	<i>Waffles with Mixed Berries</i>	<i>Breakfast sandwich, Juice</i>	<i>Cold Cereal, Bananas</i>
Sloppy Joe w/ Bun	Shepherd's Pie w/	Turkey & Cheese Sandwich	Pulled Pork Sliders	Grilled Cheese Sandwich
Buttered Corn	Mashed Potatoes	Chicken & Vegetable Soup	Baked Beans	Tomato Basil Soup
Seasoned Fries	Mixed Vegetables	Mixed Fruit	Coleslaw	Pears
	Peaches		Fruit Cup	
<i>Granola Bars</i>	<i>Peanut Butter Crackers</i>	<i>Cheese and Crackers</i>	<i>Birthday Cupcakes</i>	<i>Apple Pies</i>
21	22	23	24	25
<i>French Toast, Bacon</i>	<i>Bagels W/Cream Cheese Fruit</i>	<i>Cold Cereal & Bananas</i>		
Turkey Goolash	Beef Lasagne	Roasted Chicken/Ham		
Garden Salad w/dressing	Caesar Salad	Dressing, Cranberry Sauce		
Garlic Bread	Sliced Peaches	Mixed Greens		
Pears		Sweet Potatoes		
<i>Oatmeal Cookie</i>	<i>Fruit Bar</i>	<i>Pumpkin Pie</i>		
28	29	30		
<i>Cold Cereal, Bananas</i>	<i>Cream of wheat, Toast, Juice</i>	<i>Cottage Cheese, Fruit</i>		
Ham & Bean Soup	Pork Chops	Sausage w/Cabbage		
Cucumber Salad	Mixed Vegetables	Buttered Potatoes		
Cornbread	Apple Sauce	Bread and Butter		
<i>Cheese Crackers</i>	<i>Graham Crackers</i>	<i>Veggie Chips</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

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