




NORTHLAND ADULT DAY CENTER

April 2024---- BREAKFAST, LUNCH, and SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1	2	3	4	5	
<i>Cereal, Bananas</i>	<i>Bagels w/ Cream Cheese, Juice</i>	<i>Grits, Raisin Toast</i>	<i>Yogurt, Fruit, Muffin</i>	<i>Eggs, Toast, Juice</i>	
Pepperoni Pizza	PBJ Sandwich	Bean and Weenie Casserole	Hamburger w/Bun	Tuna Salad Sandwiches	
Garden Salad w/dressing	Vegetable Soup	Fruit Salad	Lettuce, Tomato, Onion	Baked Chips	
Mixed Fruit	Fruit Cup	Bread and Butter	French Fries	Mandarin Oranges	
<i>Fruit Bar</i>	<i>Oatmeal Pies</i>	<i>Granola Bar</i>	<i>Vanilla Wafers</i>	<i>Oatmeal Cookies</i>	
8	9	10	11	12	
<i>Strawberry Parfait w/ yogurt</i>	<i>Biscuits and Gravy, Juice</i>	<i>Vegetarian Quiche, Juice</i>	<i>Eggs, Blueberry Muffins</i>	<i>Cold Cereal & Bananas</i>	
Turkey Wrap	Chili Dog w/bun	Salisbury Steak w/ Gravy	Chicken Taco Salad w/	Chicken Salad Sandwich	
Veggie Sticks w/ranch dressing	French Fries	Mashed Potatoes	Lettuce, tomatoes, onions	Baked Chips	
Baked Chips	Mixed Vegetables	Buttered Squash	Fruit Cup	Applesauce	
<i>Lemon Cookie</i>	<i>Oatmeal Pies</i>	<i>Fruit Jello</i>	<i>Vanilla Wafers</i>	<i>Ice Cream</i>	
15	16	17	18	19	
<i>French Toast, Bacon, Juice</i>	<i>Cereal, Fruit</i>	<i>Pancakes, Sausage, Juice</i>	<i>Cream of Wheat, Toast, Juice</i>	<i>Cold Cereal & Bananas</i>	
Chicken Spinach Pasta	Sloppy Joe w/ Bun	Tuna Casserole	Beef Enchiladas	Chef Salad w/Chicken	
Garden Salad w/dressing	Tator Tots	Sweet Peas	Seasoned Rice	Crackers	
Garlic Bread	Coleslaw	Jello w/Fruit	Buttered Corn	Jello w/Fruit	
Apple Sauce		Bread and Butter			
<i>Oatmeal Cookie</i>	<i>Cheese & Crackers</i>	<i>Birthday Cupcakes</i>	<i>Graham Crackers</i>	<i>Fruit Jello</i>	
22	23	24	25	26	
<i>Blueberry Muffins, Cottage Cheese</i>	<i>Cold Cereal & Fruit</i>	<i>Pancakes, Sausage, Juice</i>	<i>Oatmeal, Raisin Toast</i>	<i>Eggs, Toast, Orange Slices</i>	
Polish Sausage	BBQ Chicken	Turkey Goolash	Peperoni Pizza	Fish Sandwich w/bun	
Cabbage	Mashed Potatoes	Cucumber Salad	Garden Salad w/dressing	Tator Tots	
Potatoes	Green Beans	Garlic Bread	Fruit Cup	Cole Slaw	
		Pears			
<i>Cheese and Crackers</i>	<i>Vanilla Wafers</i>	<i>Celery & Carrots w/Ranch</i>	<i>Milk and Cookies</i>	<i>Peanut Butter & Celery Sticks</i>	
29	30				
<i>Peaches, Cottage Cheese</i>	<i>Cereal, Fruit</i>				
Chicken Salad Sandwich	Spaghetti w/meat sauce				
Baked Chips	Garden Salad w/dressing				
Peaches	Sliced Peaches				
<i>Birthday Cupcakes</i>	<i>Birthday Cupcakes</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).