

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		<i>Cinnamon Oatmeal, apples</i>	<i>Pumpkin Muffins, Cottage Cheese</i>	<i>Breakfast Sandwich, Juice</i>
		Pork Chops	Beenie Weenies	Turkey Sandwich
		Mashed Potatoes	Cucumber Salad	Mixed Vegetable Soup
		Green Beans	Fruit Cup	Pineapple Slices
		Buttered Bread	Buttered Bread	
		<i>Apple slices</i>	<i>Graham Crackers</i>	<i>Veggie Chips</i>
6	7	8	9	10
<i>Raisin Toast, Eggs</i>	<i>Pancakes, Bacon, Juice</i>	<i>Cream of Wheat, Toast, Fruit</i>	<i>Biscuit and Gravy, Juice</i>	<i>Cottage Cheese, Peaches, Muffin</i>
Tuna Casserole	Sheppard's Pie w/	Chili w/Beans	Turkey & Cheese Sandwich	Baked Fish
Mixed Vegetables	Mashed Potatoes	Cucumber Salad	Chicken & Vegetable Soup	Macaroni & Cheese
Bread and Butter	Peas and Carrots	Bread and Butter	Pineapple Chunks	Sweet Peas
	Peaches	Peaches		Fruit Cup
<i>Fruit Snacks</i>	<i>Butter Cookies</i>	<i>Granola Bar</i>	<i>Veggie Chips</i>	<i>Graham Crackers</i>
13	14	15	16	17
<i>Cold Cereal, Bananas</i>	<i>Cottage Cheese, Muffin, Fruit</i>	<i>Grits, Eggs, Juice</i>	<i>Waffles, Sausage, Juice</i>	<i>Cottage Cheese, Peaches</i>
Supreme Pizza	Sausage w/Cabbage	Turkey on Croissant	Salisbury Steak w/gravy	Cheeseburger w/bun
Garden Salad w/dressing	Roasted Vegetables	Baked Chips	White Rice	Lettuce, tomato, onion
Mixed Fruit	Bread and Butter	Applesauce	Green Beans	Seasoned Fries
<i>Birthday Cupcakes</i>	<i>Fruit Cup w/ whipped cream</i>	<i>Birthday Cupcakes</i>	<i>Fruit Bar</i>	<i>Butter Cookies</i>
20	21	22	23	24
<i>Biscuits and Gravy, Juice</i>	<i>Bagels w/ cream cheese, Fruit</i>	<i>Cold Cereal & Bananas</i>	CLOSED	CLOSED
Parmesan Chicken	Sloppy Joe w/ Bun	Turkey Breast/Ham		
w/ Spinach	Buttered Corn	Dressing, Cranberry Sauce		
Sliced Peaches	Seasoned Fries	Mixed Greens		
		Sweet Potatoes		
<i>Fruit Snacks</i>	<i>Oatmeal Cookie</i>	<i>Pumpkin Pie</i>		
27	28	29	30	
<i>Biscuits and Gravy, Juice</i>	<i>Cold Cereal, Bananas</i>	<i>Cream of wheat, Toast, Juice</i>	<i>Breakfast Sandwich, Juice</i>	
Meatloaf	Ham & Bean Soup	Roasted Chicken	Ham & Cheese Sandwich	
Mashed Potatoes w/ gravy	Cucumber Salad	Roasted Root Vegetables	Minestrone Soup	
Buttered Corn	Cornbread	Apple Sauce	Mixed Fruit	
<i>Oatmeal Cookies</i>	<i>Cheese & Crackers</i>	<i>Sliced Apples</i>	<i>Graham Crackers</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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