

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<i>Biscuit &amp; Gravy, Juice</i>	<i>Strawberry Parfait w/ yogurt</i>	<i>Vegetarian Quiche, Juice</i>	<i>Cold Cereal, Fruit</i>	<i>Coffee Cake, Fruit</i>
<b>Chicken and Vegetable Soup</b>	<b>Meatloaf</b>	<b>Chicken Taco Salad w/</b>	<b>Salisbury Steak w/gravy</b>	<b>Cheese Burger</b>
<b>PBJ Sandwich</b>	<b>Mashed Potatoes</b>	<b>Lettuce, tomatoes, onions</b>	<b>Mashed Potatoes</b>	<b>w/lettuce, onion,tomato</b>
<b>Fruit Cup</b>	<b>Sliced Peaches</b>	<b>Buttered Corn</b>	<b>Buttered Squash</b>	<b>Mixed Fruit</b>
<i>Lemon Cookie</i>	<i>Oatmeal Pies</i>	<i>Pudding</i>	<i>Vanilla Wafers</i>	<i>Ice Cream</i>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<i>Breakfast Sandwich, Fruit</i>	<i>Cottage Cheese,Muffin, Fruit</i>	<i>Breakfast Chops, Hashbrowns,Juice</i>	<i>Cream of Wheat, Toast, Juice</i>	<i>Cold Cereal &amp; Bananas</i>
<b>Sloppy Joe w/bun</b>	<b>Chicken Spinach Pasta</b>	<b>Chili Dog w/bun</b>	<b>Beef Enchiladas</b>	<b>Tuna Salad Sandwich</b>
<b>French Fries</b>	<b>Garden Salad w/dressing</b>	<b>French Fries</b>	<b>Seasoned Rice</b>	<b>Baked Potato Soup</b>
<b>Coleslaw</b>	<b>Garlic Bread</b>	<b>Mixed Vegetables</b>	<b>Buttered Corn</b>	<b>Fruit Cocktail</b>
	<b>Apple Sauce</b>			
<i>Oatmeal Cookie</i>	<i>Cheese &amp; Crackers</i>	<i>Veggie Sticks</i>	<i>Graham Crackers</i>	<i>Fruit Jello</i>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<i>Blueberry Muffins, Cottage Cheese</i>	<i>Cold Cereal &amp; Fruit</i>	<i>Pancakes,Sausage, Juice</i>	<i>Oatmeal, Raisin Toast</i>	<i>Eggs, Toast, Orange Slices</i>
<b>Polish Sausage</b>	<b>BBQ Chicken</b>	<b>Hamburger Goolash</b>	<b>Ham and Bean Soup</b>	<b>Fish Sandwich w/bun</b>
<b>Cabbage</b>	<b>Mashed Potatoes</b>	<b>Cucumber Salad</b>	<b>Cucumber Salad</b>	<b>Tator Tots</b>
<b>Potatoes</b>	<b>Green Beans</b>	<b>Garlic Bread</b>	<b>Applesauce</b>	<b>Cole Slaw</b>
	<b>Cranberry Sauce</b>	<b>Pears</b>	<b>Cornbread</b>	
<i>Cheese and Crackers</i>	<i>Fruit Bar</i>	<i>celery &amp; carrots w/ranch</i>	<i>Milk and Cookies</i>	<i>Yogurt</i>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<i>Peaches, Cottage Cheese</i>	<i>Cold Cereal Fruit</i>	<i>Yogurt, Fruit, Muffin</i>	<i>Breakfast Sandwich, Juice</i>	<i>Waffles and Juice</i>
<b>Chicken Salad Sandwich</b>	<b>Roasted Chicken</b>	<b>Beef Stew w/vegetables</b>	<b>Ham &amp; Cheese Sandwich</b>	<b>Turkey Burger</b>
<b>Baked Chips</b>	<b>Cornbread Dressing</b>	<b>Cornbread</b>	<b>Baked Chips</b>	<b>Sweet Potato Fries</b>
<b>Peaches</b>	<b>Mixed Greens</b>	<b>Mixed Fruit</b>	<b>Fruit Cup</b>	<b>Peaches</b>
	<b>Cranberry Sauce</b>			
<i>Pretzels</i>	<i>Vanilla Wafers</i>	<i>Fruit Bar</i>	<i>Oatmeal Pies</i>	<i>Granola Bar</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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