

NORTHLAND ADULT DAY CENTER
JANUARY 2025---- BREAKFAST, LUNCH, and SNACK MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---------------------------------------|
|  |  | 1 | 2 | 3 |
| | | CLOSED | <i>Cold Cereal & Bananas</i> | <i>Blueberry Pancakes, Bacon</i> |
| | |  | Chicken Alfredo w/Broccoli | Hot Ham & Cheese Sandwich |
| | | | Garlic Toast | Tomato Basil Soup |
| | | | Mixed Fruit | Peaches |
| | | | <i>Graham Crackers</i> | <i>Birthday Cupcakes</i> |
| 6 | 7 | 8 | 9 | 10 |
| <i>Cream of Wheat, Toast, Juice</i> | <i>Breakfast Sandwich, Juice</i> | <i>Oatmeal w/apple cinnamon</i> | <i>Cream Cheese Bagels & Fruit</i> | <i>Breakfast Burritos, Fruit</i> |
| Chili Mac | Ham and Beans | Turkey on Croissant | Roasted Chicken | Chili Cheese dogs w/bun |
| Garden Salad w/dressing | Cornbread | Veggie Sticks | Mashed Potatoes | Tator Tots |
| Mandarin Oranges | Cucumber Salad | Mixed Fruit | Green Beans | Coleslaw |
| Bread and Butter | | | Bread and Butter | |
| <i>Nilla Wafers & Milk</i> | <i>Birthday Cupcakes</i> | <i>Oatmeal Crème Pie</i> | <i>fruit snacks</i> | <i>Butter Cookies</i> |
| 13 | 14 | 15 | 16 | 17 |
| <i>French Toast Sticks, Juice</i> | <i>Grits, Sausage, Juice</i> | <i>Pumpkin Muffin and Eggs</i> | <i>Waffles, Bacon, Juice</i> | <i>English Muffin, Sausage, Fruit</i> |
| Cheese Pizza | Salisbury Steak w/gravy | Franks and Beans | Beef Soft Tacos | Cabbage and Sausage |
| Garden Salad w/dressing | Jasmine Rice | Cucumber Salad | Lettuce, tomatoes, onions | Buttered Potatoes |
| Fruit Cup | Green Beans | Fruit Cup | Yellow Rice | Mixed Fruit |
| | Pineapples | Buttered Bread | Sliced Peaches | |
| <i>Fruit Jello</i> | <i>Butter Cookies</i> | <i>Celery Sticks w Peanut Butter</i> | <i>Birthday Cupcakes</i> | <i>Popcorn</i> |
| 20 | 21 | 22 | 23 | 24 |
| CLOSED FOR MARTIN LUTHER KING JR HOLIDAY | <i>Pancakes, Sausage, Juice</i> | <i>Cream of Wheat, Toast, Juice</i> | <i>Oatmeal, Fruit</i> | <i>Cottage Cheese, Fruit, Muffin</i> |
| | Sloppy Joe w/Bun | Salmon Croquettes | Chicken Stir Fry w/ | Fish Sandwich |
| | French Fries | Mashed Potatoes | Mixed Vegetables | French Fries |
| | Mixed Fruit | Sweet Peas | Apple Sauce | Coleslaw |
| | <i>Cheese and crackers</i> | <i>Cinnamon Applesauce</i> | <i>fruit snacks</i> | <i>Oatmeal bar</i> |
| 27 | 28 | 29 | 30 | 31 |
| <i>Boiled Eggs, Raisin Toast</i> | <i>Grits, Sausage, Juice</i> | <i>Biscuit and Gravy, Juice</i> | <i>Cold Cereal & Bananas</i> | <i>French Toast, Sausage, Juice</i> |
| Tuna Casserole | Cheeseburger w/bun | Turkey & Cheese Sandwich | Shepherd's Pie w/ | Grilled Cheese Sandwich |
| Mixed Vegetables | Lettuce, tomato, onion | Minestrone Soup | Mashed Potatoes | Basil Tomato Soup |
| Bread and Butter | Seasoned Fries | Pineapple Chunks | Mixed Vegetables | Fruit Cup |
| | | Mixed Fruit | Peaches | |
| <i>Veggie Sticks</i> | <i>Graham Crackers</i> | <i>Cheese & Crackers</i> | <i>Peanut Butter Crackers</i> | <i>Applesauce</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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