


July 2010 – Adult Day Program – Breakfast, Lunch, Snack Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast Served 7:30am-9:30am</p> <p>Lunch Served 12:00pm-1:15pm</p> <p>Snack Served 2:30pm</p>	 <p>MILK SERVED WITH ALL MEALS</p>		<p>1 Breakfast: 2 blueberry Pancakes, 1 tsp Maple Syrup, ½ c. Yogurt, ½ c. Fruit</p> <p>Lunch: Gazpacho; 1/2 c. Chicken Salad Sandwich; ½ c. Grated Cucumber Salad; Strawberry Shortcake</p> <p>Snack: ½ c. Juice; ½ c. Rice Pudding</p>	<p>2 Breakfast: 1 ½ c. Cold Cereal; 1 Small Banana</p> <p>Lunch: Grill Out Day, Chicken or Steak; ½ c. Potato Salad; 1/2 c. Caprese Salad; Brownie, ½ c. Fruit</p> <p>Snack: Banana Bread; Juice</p>
<p>5</p> <p>VNA CLOSED</p> <p>4TH OF JULY HOLIDAY</p>	<p>6 Breakfast: 1 Fried Egg, 2 Slices WW Toast, 1 tsp. Jelly, ½ c. Fruit</p> <p>Lunch: Pulled Pork ; WW Roll; ½ c. Mashed Potatoes; ¼ c. Coleslaw; ½ c. Baked Beans; 1 Slice Watermelon</p> <p>Snack: ½ c. Juice; 1 Cheese Stick</p>	<p>7 Breakfast: ½ c. Oatmeal w/1/4 c. Craisins and nuts; ½ c. Yogurt; ½ c. Fruit</p> <p>Lunch: Baked Salmon; 1/2 c. Couscous Salad; ½ c. Green Beans; Angel Food with Fruit</p> <p>Snack: ½ c. Juice; 4 Graham Crackers</p>	<p>8 Breakfast: WW Biscuit w/ Turkey Sausage; ½ c. Fruit</p> <p>Lunch: Seasoned Turkey Hamburger; WW Roll; Broccoli Pasta Salad; ½ c. Vanilla Pudding and Fruit</p> <p>Snack: ½ c. cottage Cheese; ½ c. Fruit</p>	<p>9 Breakfast: 2 tbsp Peanut Butter; WW English Muffin; ½ c. Fruit</p> <p>Lunch: Hawaiian Pizza; 1 c. Tossed Salad w/veggies; 1 Tbsp. Dressing; ½ c. Fruit</p> <p>Snack: Bran Muffin; ½ c. Juice</p>
<p>12 Breakfast: 1 Scrambled Egg; 2 Slices WW Toast; 2 tsp. Butter; ½ c. Fruit</p> <p>Lunch: 1 c. Beef Barley Veggie Soup; 4 WW Crackers; 1 c. Garden Salad; 1 Tbsp. Dressing; ½ c. Fruit</p> <p>Snack: 4 Graham Crackers; 1 Tbsp. Peanut Butter</p>	<p>13 Breakfast: Cinnamon Raisin Bagel; 2 Tbsp. Peanut Butter; ½ c. Fruit</p> <p>Lunch: 3 oz. Oven Baked Fish; ; ½ c. Sugar Snap Peas; ½ c. Fruit; 2 Slices Pumpernickel Bread</p> <p>Snack: ½ c. Cottage Cheese; 1 Banana Muffin</p>	<p>14 Breakfast: 2 Slices French Toast w/ 2 Tbsp. Syrup; ½ c. Fruit</p> <p>Lunch: 3 oz. Pork Chop; 2 WW Biscuits; ½ c. Cole Slaw; ½ c. Fruit</p> <p>Snack: 4 Whole Grain Crackers; 1 oz. Cheddar Cheese</p>	<p>15 Breakfast: 1 c. Oatmeal; Medium Banana</p> <p>Lunch: ½ c. Chicken Salad Sandwich; WW Bread; ½ c. Fruit; ½ c. Jell-O; Lettuce & Tomato</p> <p>Snack: ½ PB and jelly on WW bread; ½ c. Fruit</p>	<p>16 Breakfast: 1 Fried Egg On WW English Muffin; 1 oz. Cheddar Cheese; ½ c. Apple Slices</p> <p>Lunch: 1 c. Macaroni and Cheese; 1 c. Garden Salad w/ veggies; 1 Slice Watermelon; 1 Tbsp. Dressing</p> <p>Snack: 1 slice Cheese Pizza</p>
<p>19 Breakfast: 1 Crepe with ½ c strawberries; 2tsp. maple syrup</p> <p>Lunch: 3 oz Meatloaf, ½ c. Mashed Potatoes, ½ c. Cooked Asparagus, 1 Slice WW bread, ½ c. Fruit</p> <p>Snack: ½ c. Cottage Cheese w/ ½ c. Mixed Fruit</p>	<p>20 Breakfast : WW Biscuit w/ Turkey Sausage; ½ c. Pineapple</p> <p>Lunch: 1 c. Turkey Noodle Soup, 1 WW Diner Roll, 1 c. Tossed Salad w/veggies; 1 tbsp Dressing 1/2 c. Fruit</p> <p>Snack: ½ c. Apple slices w/ 1oz. Cottage Cheese</p>	<p>21 Breakfast: 1 Whole Grain Fruit Turnover; ½ c. Cottage Cheese; ½ c. Berries</p> <p>Lunch: 3oz Lemon Herb Haddock; 1 c. Tossed Salad; ½ c. Yogurt; ½ c. Fruit</p> <p>Snack: ½ c. Apple Juice; 4 Graham crackers</p>	<p>22 Breakfast: ½ c. Scramble Egg, 2 Slices WW Toast w/ Med. Banana</p> <p>Lunch: 1 c. Pasta Tossed w/ ¼ c. Beans & ½ c. Veggies; 1 oz. Parmesan Cheese; ½ c. Fruited Jello; 1 Oatmeal Roll</p> <p>Snack: ½ c. c. Fruit yogurt, 1 Slice Pumpkin Bread</p>	<p>23 Breakfast: 1 c. Oatmeal; Medium Banana</p> <p>Lunch: ½ c. Egg Salad; 2 slices WW Bread; ½ c. Steamed Carrots; ½ c. Fruit</p> <p>Snack: ½ c. 100% Juice; 1 oz. String Cheese</p>
<p>26 Breakfast: 1 Fried Egg, 2 Slices WW Toast, 1 tsp. Jelly, ½ c. Fruit</p> <p>Lunch: Baked Ziti, 1 WW Roll; ½ c. Cooked Spinach; ½ c. Fruit</p> <p>Snack: ½ c. Fruit, 4 Graham Crackers; 2 tbsp Peanut Butter</p>	<p>27 Breakfast: ½ c. Cold Cereal; 1 slice WW Toast; ½ c. Fruit</p> <p>Lunch: Salisbury Steak w/ Roll; ½ c. Mashed Potatoes; ½ c. Green Beans; ½ c. Fruit; 1 Molasses Cookie</p> <p>Snack: 2 Tbsp. Peanut Butter, ½ c. Fruit, 4 Graham Crackers</p>	<p>28 Breakfast: 1 Blueberry Muffin; 1 Hard Boiled Egg; ½ c. Fruit</p> <p>Lunch: Shepherd's Pie; 2 WW Bread Sticks; 1 c. Garden Salad w/veggies; 1 Tbsp. Dressing; ½ c. Apple Sauce</p> <p>Snack: Mozzarella stick; 4 WW crackers</p>	<p>29 Breakfast: WW Biscuit w/ Turkey Sausage; ½ c. Fruit</p> <p>Lunch: Hamburger; WW Hamburger Roll; Lettuce & Tomato; ½ c. Fruit</p> <p>Snack: ½ c. Fruit Yogurt; ½ c. Fruit</p>	<p>30 Breakfast: ½ c. Yogurt w/ Granola; WW English Muffin; ½ c. Fruit</p> <p>Lunch: Multi Bean Soup w/ Whole Grain crackers, 1 piece Corn Bread; ½ c. Fruit</p> <p>Snack: ½ c. 100% Juice & 1 Cheese Stick</p>