








CDM Caregiving Services Adult Day Services Menu December 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Meal Pattern Minimum Quantities	2 Chicken Tortellini Soup Chicken, celery, carrots, onions, cheese tortellini, 2 ounces WGR rolls, peaches	3 French Dips Roast beef, WGR hamburger bun, garden salad, pears, non-flavored 1% milk	4 Taco Casserole Ground beef, onions, tomatoes, lettuce, beans cheese, guacamole, WGR tortilla, mandarins, non-flavored 1% milk	5 Chicken Pot Pie Soup Chicken, peas, potatoes, carrots, celery, onions, 2 ounces WGR bread, grapes, non-flavored 1% milk	6 Spaghetti WW noodles, ground turkey, tomatoes, garlic, onions, WW garlic bread, mixed fruit, non-flavored 1% milk	7
	9 Beef Stew Beef, carrots, potatoes, celery, onions, 2 ounces WGR bread, bananas, non-flavored 1% milk	10 WGR French Toast and WGR Chicken Tenders WW bread, chicken, tomato juice, peaches, non-flavored 1% milk	11 Frankfurters and Sauerkraut CACFP approved frankfurters, sauerkraut, potatoes, 2 WGR rolls, applesauce, non-	12 Chicken Cordon Bleu Chicken, ham, swiss cheese, WGR pasta, peas, pears, non-flavored 1% milk	13 Tex Mex Chicken Soup Chicken, beans, brown rice, tomatoes, peppers, mixed fruit, non-flavored 1% milk	14
Fluid non-flavored 1% milk 8 oz.						
Meat or Meat Alternative	16 Chicken Caesar Wraps WW tortillas, chicken, lettuce, parmesan cheese, tomatoes, grapes, non-flavored 1% milk	17 Chicken Fried Rice Chicken, brown rice, peas, carrots, onions, garlic, egg, mandarins, non-flavored 1% milk	18 Chicken Alfredo Chicken, WGR noodles, broccoli, garlic, alfredo sauce, fruit cocktail, non-flavored 1% milk	19 Ruben Casserole Corned beef, sauerkraut, ww noodles, swiss cheese, thousand island, peaches, non-flavored 1%	20 Breakfast Casserole Eggs, potatoes, ham, cheese, onions, peppers, 2 ounces ww toast, applesauce, non-flavored 1% milk	21
Meat Alternative 2 oz. mm Vegetables 1/2 cup						
Fruits 1/2 cup Grains	23 	24 	25 	26 	27 	28
2 ounces 2 servings or 1 cup	30 Taco Salad Ground beef, onions, tomatoes, lettuce, cheese, WGR corn chips, guacamole, salsa, peaches, non-flavored 1% milk	31 Ham and Potato Casserole Ham, potatoes, onions, cheese, WGR English muffin, mandarins, non-flavored 1% milk			For the health and safety of our participants, please do not bring in or share any outside food or drink. Store prepared items may be approved for special occasions.	

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