



## ESS Support Services Adult Day Program

### Sample Lunch Menu

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breaded Cod Mashed potatoes Vegetables Pudding	Hamburger patty with gravy Potato salad Cake	Pasta with meatballs Salad Pie	Vegetable quiche Lyonnaise potatoes Fruit	Pork chop with gravy Mashed potatoes Salad Ice cream
Salisbury steak Steamed potatoes Vegetables Jello	Pollock fish Rice Soup Pudding	Chicken Thighs with gravy Mashed potatoes Salad Cake	Veal Parmesan Roasted potatoes Salad Pie	Macaroni & cheese Vegetables Fruit
Lemon chicken Rice Vegetables Ice cream	Lasagna Salad Cake	Basa filet Roasted potatoes Salad Jello	Beef pot pie with gravy Mashed potatoes Vegetables Pudding	Meatloaf Steamed potatoes Salad Pie
Tilapia Mashed potatoes Salad Fruit	Beef Stroganoff Vegetables Ice cream	Breaded chicken Roast potatoes Soup Pudding	Cabbage rolls Steamed potatoes Salad Jello	Hamburgers Salad Cake