

# September 2024 Catholic Community Services Senior Nutrition Program

Mon	Tue	Wed	Thu	Fri
2 	3	4 Chicken Salad Sandwich Strawberry Spinach Salad Mixed Berries Whip Cream Whip Cream	5	6 Beef Shepard's Pie Lettuce, Tomato Carrot Salad Fig Newton
9 Salisbury Steak W/ Gravy Mashed Potatoes Sautéed Spinach Fig Newton	10	11 Chefs Salad W/ Turkey & Ham , Cheese & Egg Breadsticks Peaches	12	13 Sloppy Joe Sandwich Tomato ,Cucumber Feta & Onion Salad Yogurt Strawberries
16 Tuna Noodle Casserole W/ Peas Carrots & Raisins Salad Peaches	17	18 Chicken Fajita W/ Bell Peppers & Zucchini Rice Salsa, Sour Cream Tropical Fruit	19	20 Omelet Sausage Patty Hashbrowns Honey Dew Melon
23 Oven Fried Chicken Green Beans Roasted Potatoes Wheat Rolls Orange	24	25 Creamy Pork Tomato Rotini Green & Yellow Bean Blend Wheat Roll Peaches	26	27 Pasta Salad w/Peas Carrots ,Bacon Crumbles Hard Boiled Egg Mandarin Oranges Lemon Bar
30 Beef & Pepper Steak Brussel Sprouts Pound Cake W Strawberries Whip Cream				

**This Menu is subject to change**

Consuming Mishandled Leftover Food May Increase Your Risk of Food Borne Illness.

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<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
		<b>Chicken Salad Sandwich</b> Calories =710 Carb= 62 Sodium= 740		<b>Beef Sheppard's Pie</b> Calories=670 Carb=85 Sodium=540
<b>Salisbury steak with Gravy</b> Calories= 800 Carb=92 Sodium=710		<b>Chef Salad</b> Calories=720 Carb= 56 Sodium=720		<b>Sloppy Joes</b> Calories =660 Carbs=62 Sodium710
<b>Tuna Noodle Casserole</b> Cal=700 Carb= 104 Sodium= 750		<b>Chicken Fajitas</b> Calories =680 Carb=78 Sodium= 740		<b>Omelet</b> Calories= 710 Carb=71 Sodium=740
<b>Oven Fried Chicken</b> Calories= 780 Carbs=74 Sodium=520		<b>Creamy Pork Tomato Fettuccine</b> Calories= 700 Carbs=81 Sodium=640		<b>Pasta Salad</b> Calories=800 Carb=45 Sodium=640
<b>Beef Pepper Steak</b> Calories= 810 Carb=97 Sodium=760				