





Catholic Community Services Senior Nutrition Program November 2024

Mon	Tue	Wed	Thu	Fri
				<p>1 Wild Rice Chicken Soup 1/2 Egg Salad Sandwich Oranges</p>
<p>4 Pork Luau Rice Pineapple Coleslaw Hawaiian Roll Tropical Fruit Salad</p>	<p>5 Philly Cheese Sandwich Brussel Sprouts Grapes</p>	<p>6 Baja Chicken Black Bean, Corn, Rice Salad Ice Cream & Pineapple Sauce</p>	<p>7 Meatloaf Potatoes & Gravy Carrots Oranges Brownie</p>	<p>8 Fish & Chips Coleslaw Yogurt Strawberry Rhubarb Compote</p>
<p>11  Thank You Veterans <small>Dr. Don G. Lane, General Dentist</small></p>	<p>12 Chicken Cheese Taco Cauliflower Salsa Sour Cream Caramelized Bananas</p>	<p>13 Turkey Meatloaf Potato W Sour Cream Broccoli Oatmeal Raisin Cookie</p>	<p>14 Tuna Melt Pea Onion & Tomato Salad W/ Cheese Grapes</p>	<p>15 Beef Stir Fry Fried Rice W/ Egg Peas & Carrots Fortune Cookie Ice Cream Cup</p>
<p>18 Chicken Cacciatore Zucchini & Tomato Medley Wheat Roll Pears</p>	<p>19 Beef Noodle Soup Pineapple Coleslaw Oatmeal cookie Orange</p>	<p>20 Beef Macaroni Broccoli Wheat Roll Applesauce</p>	<p>21 Roast Turkey Mashed Potato & Gravy Green Beans Cranberry Sauce Wheat Roll Pumpkin Pie</p>	<p>22 Pancakes Sausage Patty Scrambled Eggs Melon Orange Juice</p>
<p>25 Split Pea Soup 1/2 Ham & Cheese Sandwich Apple Crisp</p>	<p>26 Fish Sandwich Broccoli & Cauliflower Orange Vanilla Ice Cream</p>	<p>27 Pork Chops With Apples Cucumber Tomato Feta Salad Rice Pudding</p>		

This Menu is subject to change

Mon	Tue	Wed	Thu	Fri
				<p>Wild Rice Chicken Soup Calories= 760 Carbs=75 Sodium=590</p>
<p>Pork Luau Calories= 980 Carbs= 112 Sodium= 580</p>	<p>Philly Steak Sandwich Calories=800 Carb= 79 Sodium=680</p>	<p>Baja Chicken Calories= 770 Carbs=81 Sodium=400</p>	<p>Meatloaf Calories = 710 Carbs=67 Sodium= 580</p>	<p>Fish & Chips Calories=670 Carb=92 Sodium=530</p>
	<p>Chicken Cheese Taco Calories=660 Carb=72 Sodium=640</p>	<p>Turkey Meatloaf Calories=770 Carb=79 Sodium=750</p>	<p>Tuna Melt Calories=700 Carbs=61 Sodium=660</p>	<p>Beef Stir Fry Calories=770 Carb= 79 Sodium=780</p>
<p>Chicken Cacciatore Calories =660 Carb=89 Sodium=660</p>	<p>Beef Noodle Soup Calories= 727 Carb=104 Sodium= 700</p>	<p>Beef Macaroni Calories=760 Carb=85 Sodium=730</p>	<p>Roast Turkey Calories= 950 Carb=124 Sodium=1170</p>	<p>Pancakes Calories = 790 Carbs = 95 Sodium = 700</p>
<p>Split Pea Soup Calories = 790 Carbs = 101 Sodium = 750</p>	<p>Fish Sandwich Calories= 760 Carbs=98 Sodium= 730</p>	<p>Pork Chops W/ Apples Calories= 680 Carb=54 Sodium=550</p>		