
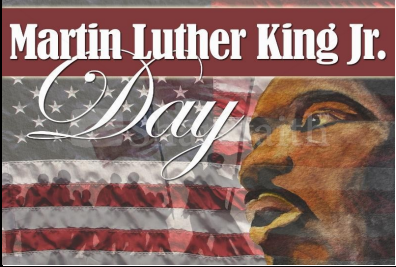


Catholic Community Services Senior Nutrition Program January 2025

Mon	Tue	Wed	Thu	Fri
		1 CLOSED	2 Beef & Pepper Casserole W/Rice Salad Peach Cobbler	3 Turkey Burger Sweet Potato Fries Coleslaw Applesauce
6 Chicken Caesar Salad Baked Apple	7 Ground Turkey Spaghetti Green Beans Breadsticks Pears	8 Florentine Fish Zucchini & Onion & Tomatoes Cherry Crisp	9 Mediterranean Chicken Wrap Spinach & Cannellini Beans Rice Pudding	10 Beef Noodle Soup Carrot Pineapple & Raisins Salad Oatmeal Cookie
13 Macaroni & Cheese Brussel Sprouts Wheat Roll Strawberries	14 Swedish Meatballs Potato Salad Apricots	15 Chicken Teriyaki Rice W/ Peas & Carrots Asian Vegetable Bend Pear Fortune Cookie	16 Parmesan Tilapia W- Pilaf Squash Brownie Bits	17 Corn Chowder 1/2 Chicken Salad Sandwich Banana
		21 Chicken Tortilla Soup Tortilla Chips Sour Cream & Cheese Mango & Fig Newton	22 Tuna Noodle Casserole W/ Peas Carrot & Raisin Salad Peaches	23 Pork Fajitas W Onion & Zucchini Pinto Beans Banana
27 BBQ Chicken Pasta Salad Green Beans Ice Cream Pineapple Sauce	28 Fish Sandwich Malibu Blend Veggies Orange Ice Cream	29 Pork Cutlet Baked Potato Baked Beans Coleslaw	30 Beef Stew Coleslaw Wheat Roll Fruit Cocktail	31 Chicken Tetrazzini Tossed Salad W- Cabbage & Garbanzo Beans

This Menu is subject to change

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

Mon	Tue	Wed	Thu	Fri
			Beef & Pepper Casserole Calories= 730 Carbs=102 Sodium=750	Turkey Burger Calories= 706 Carb= 84 Sodium= 661
Chicken Caesar Salad Calories= 670 Carb= 62 Sodium= 710	Ground Turkey Spaghetti Calories= 670 Carb=82 Sodium=730	Florentine Fish Calories= 710 Carb= 71 Sodium= 610	Mediterranean Wrap Calories=660 Carb=69 Sodium=750	Beef Noodle Soup Calories= 727 Carb=104 Sodium= 700
Macaroni & Cheese Calories=670 Carbs= 85 Sodium=590	Swedish Meatballs Calories= 840 Carbs=29 Sodium= 750	Chicken Teriyaki Calories=780 Carbs=126 Sodium=610	Parmesan Tilapia Calories= 710 Carb= 64 Sodium= 670	Corn Chowder Calories=775 Carbs=100 Sodium= 598
	Chicken Tortilla Soup Calories= 670 Carb= 81 Sodium= 750	Tuna Noodle Casserole Cal=700 Carb= 104 Sodium= 750	Pork Fajitas Calorie= 710 Carb= 83 Sodium= 650	French Toast Calories= 830 Carbs= 95 Sodium= 710
BBQ Chicken Calories=680 Carbs= 76 Sodium=770	Fish Sandwich Calories= 670 Carbs=98 Sodium= 730	Pork Cutlet Calories= 760 Carb= 79 Sodium= 730	Beef Stew Calories= 704 Carb= 74 Sodium= 628	Chicken Tetrizzini Calories= 720 Carb=67 Sodium=670