



Catholic Community Services Senior Nutrition Program February 2025

Mon	Tue	Wed	Thu	Fri
				
3 Split Pea Soup 1/2 Ham & Cheese Sandwich Apple Crisp	4 Pancakes Sausage Patty Scrambled Eggs Melon Orange Juice	5 Turkey Meatloaf Potato W Sour Cream Broccoli Oatmeal Raisin Cookie	6 Tuna Melt Pea Onion & Tomato Salad W/ Cheese Grapes	7 Beef Goulash Broccoli Pound Cake Strawberries Whip Cream
10 Baja Chicken Black Bean, Corn, Rice Salad Ice Cream & Pineapple Sauce	11 BBQ Pork Open Face Sandwich Green Beans Carrot Raisin Salad Lemon Bar	12 Turkey Noodle Soup Carrot & Raisins Salad Oatmeal Cookie	13 Chicken Cheese Taco Cauliflower Salsa Sour Cream Caramelized Bananas	14 Beef Stir Fry Fried Rice W/ Egg Peas & Carrots Fortune Cookie Ice Cream Cup
17 CLOSED 	18 Meatloaf Potatoes & Gravy Carrots Oranges Brownie	19 Pork Chops With Apples Cucumber Tomato Feta Salad Rice Pudding	20 Fish & Chips Coleslaw Yogurt Strawberry Rhubarb Compote	21 BBQ Chicken Pasta Salad Green Beans Ice Cream Pineapple Sauce
24 Beef Macaroni Broccoli Wheat Roll Applesauce	25 Wild Rice Chicken Soup 1/2 Egg Salad Sandwich Oranges	26 Baked Cod Roasted Mediterranean Veggies Oatmeal Raisin Cookie	27 Philly Cheese Sandwich Brussel Sprouts Grapes	28 Chicken Cacciatore Zucchini & Tomato Medley Wheat Roll Pears

This Menu is subject to change

Mon	Tue	Wed	Thu	Fri
<p>Split Pea Soup Calories=790 Carb=101 Sodium=750</p>	<p>Pancakes Calories = 790 Carbs = 95 Sodium = 700</p>	<p>Turkey Meatloaf Calories=770 Carb=79 Sodium=750</p>	<p>Tuna Melt Calories=700 Carbs=61 Sodium=660</p>	<p>Beef Goulash Calories =780 Carb=85 Sodium= 520</p>
<p>Baja Chicken Calories= 770 Carbs=81 Sodium=400</p>	<p>BBQ Pork Open Face Sandwich Calories=720 Carb=110 Sodium=790</p>	<p>Turkey Noodle Soup Calories=727 Carb=104 Sodium=700</p>	<p>Chicken Cheese Taco Calories=660 Carb=72 Sodium=640</p>	<p>Beef Stir Fry Calories=770 Carb= 79 Sodium=780</p>
	<p>Meatloaf Calories = 710 Carbs=67 Sodium= 580</p>	<p>Pork Chops W/ Apples Calories= 680 Carb=54 Sodium=550</p>	<p>Fish & Chips Calories=670 Carb=92 Sodium=530</p>	<p>BBQ Chicken Calories=680 Carbs= 76 Sodium=770</p>
<p>Beef Macaroni Calories=760 Carb=85 Sodium=730</p>	<p>Wild Rice Chicken Soup Calories= 760 Carbs=75 Sodium=590</p>	<p>Baked Cod Calories =770 Carbs= 69 Sodium=780</p>	<p>Philly Steak Sandwich Calories=800 Carb= 79 Sodium=680</p>	<p>Chicken Cacciatore Calories =660 Carb=89 Sodium=660</p>