

Catholic Community Services Senior Nutrition Program July 2025

Mon	Tue	Wed	Thu	Fri
	1 BBQ Chicken Pasta Salad Green Beans Ice Cream	2 French Toast Sausage Links Hash Browns Orange Juice	3 Swiss Cheese Burger Lettuce & Tomatoes Wedge Fries Mixed Berries	
7 Beef Taco Salad Salsa & Sour Cream Tortilla Chips Orange	8 Florentine Fish Zucchini & Onion & Tomatoes Cherry Crisp	9 Chinese Pepper Steak & Brown Rice Stir Fry Veggies Kiwi & Ice Cream Fortune Cookie	10 Pork Cutlet Baked Potato Baked Beans Coleslaw	11 Shrimp Salad Melon Wheat Roll Lemon Bar
14 Ground Turkey Spaghetti Green Beans Breadsticks Pears	15 Fish Taco Rice & Beans Berries & Whip Cream	16 Beef & Pepper Casserole W/Rice Salad Peach Cobbler	17 Parmesan Tilapia W- Pilaf Squash Brownie Bits	18 Grilled Chicken Salad W/Walnuts & Strawberries Hard Boiled Egg Wheat Roll
21 Swedish Meatballs Potato Salad Apricots	22 Mediterranean Chicken Wrap Spinach & Cannellini Beans Rice Pudding	23 Caribbean Pork Chops W-Peppers Pineapple Cornbread	24 Chicken Caesar Salad Baked Apple	25 Fish Sandwich Malibu Blend Veggies Orange Ice Cream
28 Chicken Teriyaki Rice W/ Peas & Carrots Asian Vegetable Bend Pear Fortune Cookie	29 Pork Fajitas W Onion & Zucchini Pinto Bean Banana	30 Beef Lasagna Green Beans Breadstick Apples W/ Walnuts & Whip Cream	31 Macaroni & Cheese Brussel Sprouts Wheat Roll Strawberries	

This Menu is subject to change

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

Mon	Tue	Wed	Thu	Fri
	BBQ Chicken Calories=680 Carbs= 76 Sodium=770	French Toast Calories= 830 Carbs= 95 Sodium= 710	Swiss Cheeseburger Calories =810 Carb=80 Sodium=690	
Beef Taco Salad Calories=720 Carbs=82 Sodium= 740	Florentine Fish Calories= 710 Carb= 71 Sodium= 610	Chinese Pepper Steak Calories= 670 Carb= 107 Sodium= 610	Pork Cutlet Calories= 760 Carb= 79 Sodium= 730	Shrimp Salad Calories= 790 Carbs= 84 Sodium=590
Ground Turkey Spa-ghetti Calories= 670 Carb=82 Sodium=730	Fish Taco Calories= 740 Carbs= 80 Sodium= 680	Beef & Pepper Casse- role Calories= 730 Carbs=102 Sodium=750	Parmesan Tilapia Calories= 710 Carb= 64 Sodium= 670	Grilled Chicken Salad Calories=760 Carbs= 46 Sodium= 580
Swedish Meatballs Calories= 840 Carbs=29 Sodium= 750	Mediterranean Wrap Calories=660 Carb=69 Sodium=750	Caribbean Pork Calories= 720 Carb= 75 Sodium= 580	Chicken Caesar Salad Calories= 670 Carb= 62 Sodium= 710	Fish Sandwich Calories= 670 Carbs= 98 Sodium= 730
Chicken Teriyaki Calories=780 Carbs=126 Sodium=610	Pork Fajitas Calorie= 710 Carb= 83 Sodium= 650	Beef Lasagna Calorie= 690 Carb=80 Sodium=790	Macaroni & Cheese Calories=670 Carbs= 85 Sodium=590	