

March 2026 Catholic Community Services Senior Nutrition Program

Mon	Tue	Wed	Thu	Fri
2 Swiss Cheese Burger Lettuce & Tomatoes Wedge Fries Mixed Berries	3 Pineapple Pork Red Potato Coleslaw Fruit Salad	4 Italian Wedding Soup Blue cheese Salad Apple Wheat Roll	5 Beef Shepard's Pie Lettuce, Tomato Carrot Salad Fig Newton	6 Chicken Fajita W/ Bell Peppers & Zucchini Rice Salsa, Sour Cream Tropical Fruit
9 Salisbury Steak W/ Gravy Mashed Potatoes Sautéed Spinach Fig Newton	10 Chicken Tortilla Soup Tortilla Chips Sour Cream & Cheese Mango Oatmeal Cookie	11 Chicken Salad Sandwich Strawberry Spinach Salad Mixed Berries Whip Cream Whip Cream	12 Fruit Turnover Potatoes W/ Onions & Peppers Sausage Patties Melon	13 Sloppy Joe Sandwich Tomato ,Cucumber Feta & Onion Salad Yogurt Strawberries
16 Omelet Sausage Patty Hashbrowns Honey Dew Melon	17 Irish Stew Beef & Cabbage Potatoes & Carrots Biscuits Apples & Cinnamon	18 Fish Taco Rice & Beans Berries & Whip Cream	19 Honey Dijon Chicken Potatoes Beets Mandarin Oranges	20 Chefs Salad W/ Turkey & Ham , Cheese & Egg Breadsticks Pineapple
23 Sweet & Sour Pork Vegetables Rice Fortune Cookie Ice Cream	24 Beef Chili Con Carne Sautéed Carrots Spinach Cornbread Pears	25 Oven Fried Chicken Broccoli Normandy Roasted Potatoes Wheat Rolls Orange	26 Lime Fish Zucchini Linguine Strawberry Rhubarb Compote	27 Turkey A La King W/ Biscuit Waldorf Salad Animal Cookies
30 Vegetarian Lasagna Green Beans Sautéed Cinnamon Apples	31 Minestrone Soup Baked Potato Mixed Berries Whip Cream	 		

This Menu is subject to change

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

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Swiss Cheeseburger Calories =810 Carb=80 Sodium=690	Pineapple Pork Calories= 660 Carbs= 89 Sodium= 720	Italian Wedding Soup Calories=690 Carb=71 Sodium=740	Beef Sheppard's Pie Calories=670 Carb=85	Chicken Fajitas Calories =680 Carb=78 Sodium= 740
Salisbury steak W/ Gravy Calories= 800 Carb=92 Sodium=710	Chicken Tortilla Soup Calories= 670 Carb= 81 Sodium= 750	Chicken Salad Sandwich Calories =710 Carb= 62 Sodium= 740	Apple Turnover Calories=700 Carb=80 Sodium= 730	Sloppy Joes Calories =660 Carbs=62 Sodium710
Omelet Calories= 710 Carb=71 Sodium=740	Irish Stew Calories= 800 Carb=92 Sodium=710	Fish Taco Calories= 740 Carbs= 80 Sodium= 680	Honey Dijon Chicken Calories=730 Carb=64 Sodium=480	Chef Salad Calories=720 Carb= 56 Sodium=720
Sweet & Sour Pork Calories=810 Carb=102 Sodium=610	Beef Chile Con Carne Calories=790 Carb= 79 Sodium=750	Oven Fried Chicken Calories= 780 Carbs=74 Sodium=520	Lime Fish Calories= 710 Carb=91 Sodium=450	Turkey A La King Calories= 680 Carbs=101 Sodium= 470
Vegetable Lasagna Calorie= 690 Carb=80 Sodium=790	Minestrone Soup Calories=770 Carbs=96 Sodium=640			