Catholic Community Services Senior Nutrition Program October 2026

Mon	Tue	Wed	Thu	Fri
				2 Ground Turkey Spaghetti Green Beans Breadsticks Pears
5 Macaroni & Cheese Brussel Sprouts Wheat Roll Strawberries		7 Turkey Burger Sweet Potato Fries Coleslaw Applesauce		9 Beef Noodle Soup Carrot Pineapple & Raisins Salad Oatmeal Cookie Orange
12 Pork Cutlet Baked Potato Baked Beans Coleslaw		14 French Toast Sausage Links Hash Browns Orange Juice		16 Chicken Teriyaki Rice W/ Peas & Carrots Asian Vegetable Bend Pear Fortune Cookie
19 Beef & Pepper Casserole W/Rice Salad Peach Cobbler Wheat Roll		21 Beef Stew Coleslaw Wheat Roll Peaches		23 Fish Sandwich Malibu Blend Veggies Orange Ice Cream
26 Chicken Tortilla Soup Tortilla Chips Sour Cream & Cheese Mango & Fig Newton		28 Beef Goulash Broccoli Strawberries Pound Cake Whip Cream		30 Swedish Meatballs Potato Tossed Salad Apricots

This Menu is subject to change

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

Catholic Community Services Senior Nutrition Program

October 2026

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		Catholic Community Services of Western Washington		Ground Turkey Spaghetti Calories= 670 Carb=82 Sodium=730
Macaroni & Cheese Calories=670 Carbs= 85 Sodium=590		Turkey Burger Calories= 706 Carb= 84 Sodium= 661		Beef Noodle Soup Calories= 727 Carb=104 Sodium= 700
Pork Cutlet Calories= 760 Carb= 79 Sodium= 730		French Toast Calories= 830 Carbs= 95 Sodium= 710		Chicken Teriyaki Calories=780 Carbs=126 Sodium=610
Beef & Pepper Casse-role Calories= 730 Carbs=102 Sodium=750		Beef Stew Calories= 704 Carb= 74 Sodium= 628		Fish Sandwich Calories= 670 Carbs=98 Sodium= 730
Chicken Tortilla Soup Calories= 670 Carb= 81 Sodium= 750		Beef Goulash Calories =780 Carb=85 Sodium= 520		Swedish Meatballs Calories= 840 Carbs=29 Sodium= 750