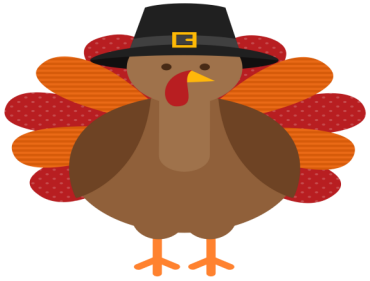
Catholic Community Services Senior Nutrition Program November 2026

Mon	Tue	Wed	Thu	Fri
2 Pancakes Sausage Patty Scrambled Eggs Melon Orange Juice	3 Pork Luau Rice Pineapple Coleslaw Hawaiian Roll Tropical Fruit Salad	4 Turkey Meatloaf Potato W Sour Cream Broccoli Oatmeal Raisin Cookie	5 Italian Wedding Soup Blue cheese Salad Apple Wheat Roll	6 Chicken Cheese Taco Cauliflower Salsa Sour Cream Caramelized Bananas
9 Minestrone Soup Saltine Crackers Berry Crisp Whip Cream	10 Philly Cheese Sandwich Brussel Sprouts Grapes	11	12 Chicken Fried Rice Egg Roll Stir Fry Veggies Mandarin Orange Fortune Cookie	13 Beef Macaroni Green Beans Wheat Roll Applesauce
16 Wild Rice Chicken Soup 1/2 Egg Salad Sandwich Oranges	17 Meatloaf Potatoes & Gravy Carrots Oranges Brownie	18 Tuna Melt W Cheese Pea Onion & Tomato Salad Grapes	19 Beef Stir Fry Fried Rice W/ Egg Peas & Carrots Fortune Cookie Ice Cream Cup	20 Baked Cod Roasted Mediterranean Veggies Oatmeal Raisin Cookies
23 Roast Turkey Mashed Potato & Gravy Green Beans Cranberry Sauce Wheat Roll Pumpkin Pie	24 Pork Chops With Apples Cucumber Tomato Feta Salad Rice Pudding	25 Fish & Chips Coleslaw Yogurt Strawberry Rhubarb Compote		
30 Chicken Cacciatore Zucchini Wheat Roll Pears				

This Menu is subject to change

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Pancakes Calories = 790 Carbs = 95 Sodium = 700	Pork Luau Calories= 980 Carbs= 112 Sodium= 580	Turkey Meatloaf Calories=770 Carb=79 Sodium=750	Italian Wedding Soup Calories=690 Carb=71 Sodium=740	Chicken Cheese Taco Calories=660 Carb=72 Sodium=640
Minestrone Soup Calories=780 Carbs=106 Sodium=600	Philly Steak Sandwich Calories=800 Carb= 79 Sodium=680		Chicken Fried Rice Calories= 760 Carbs= 121 Sodium= 740	Beef Macaroni Calories=760 Carb=85 Sodium=730
Wild Rice Chicken Soup Calories= 760 Carbs=75 Sodium=590	Meatloaf Calories = 710 Carbs=67 Sodium= 580	Tuna Melt Calories=700 Carbs=61 Sodium=660	Beef Stir Fry Calories=770 Carb= 79 Sodium=780	Baked Cod Calories=770 Carbs=69 Sodium=780
Roast Turkey Calories= 950 Carb=124 Sodium=1170	Pork Chops W/ Apples Calories= 680 Carb=54 Sodium=550	Fish & Chips Calories=670 Carb=92 Sodium=530		
Chicken Cacciatore Calories =660 Carb=89 Sodium=660				