



Catholic Community Services Senior Nutrition Program

2022

Mon	Tue	Wed	Thu	Fri
2 Hungarian Goulash Broccoli Pound Cake Strawberries Whip Cream	3 BBQ Pork Open Face Sandwich Green Beans Carrot Raisin Salad Lemon Bar	4 Salmon Filet Wild Rice Caesar Salad Wheat Roll Ice Cream	5 Beef Burrito Refried Beans Mandarin Oranges Lemon Pudding	
9 Meatloaf Potatoes & Gravy Carrots Oranges <i>May 8 Mother's Day</i>	10 Baja Chicken Black Bean, Corn, Rice Salad Ice Cream & Pineapple Sauce	11 Beef Stuffed Peppers Salsa Lemon Bars	12 Philly Cheese Sandwich Brussel Sprouts Grapes	13
16 Beef Macaroni Broccoli Wheat Roll Applesauce	17 Chicken Cheese Taco Cauliflower Salsa Guacamole Caramelized Bananas	18 BBQ Pork Loaded Baked Potato Lemon Garlic Broccoli & Parmesan Applesauce	19 Shrimp Scampi Linguini Pasta Strawberry Spinach Salad & Wheat Roll Coconut Cream Pie	20
23 Creamy Tomato Fettuccine Green & Yellow String Beans Wheat Rolls Tropical Fruit Cocktail	24 Pork W/ Apples Cucumber Tomato Feta Salad Rice Pudding	25 BBQ Chicken Pasta Salad Green Beans BBQ Pinto Beans Ice Cream Pineapple Sauce	26 Beef Stir Fry Fried Rice W/ Egg Peas & Carrots Fortune Cookie Ice Cream Cup	27
30 CLOSED 	31 Chicken Potato & Pea Salad Wheat Rolls Grapes Orange Sherbet	 <i>Land of the Free Because of the Brave</i>		

No Friday Meals

This Menu is subject to change

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

Mon	Tue	Wed	Thu	Fri
Hungarian Goulash Calories =780 Carb=85 Sodium= 520	BBQ Pork Open Face Sandwich Calories=720 Carb=110 Sodium=790	Salmon Fillet Calories= 760 Carb=89 Sodium=540	Beef Tostada Calories = 770 Carbs = 100 Sodium = 560	Shrimp Scampi Calories=690 Carb= 91 Sodium=750
Meatloaf Calories = 710 Carbs=67 Sodium= 580	Baja Chicken Calories= 770 Carbs=81 Sodium=400	Vegetarian Stuffed Peppers Calories=730 Carb=102 Sodium=760	Philly Steak Sandwich Calories=800 Carb= 79 Sodium=680	Baked Cod Calories =770 Carbs= 69 Sodium=780
Beef Macaroni Calories=760 Carb=85 Sodium=730	Chicken Cheese Taco Calories=660 Carb=72 Sodium=640	BBQ Pork Loaded Baked Potato Calories=700 Carb=85 Sodium=640	Beef Colorado Calories=670 Carb=95 Sodium=750	Spanish Chicken Salad Calories= 830 Carb=84 Sodium=580
Creamy Tomato Fettuccine Calories= 700 Carbs=81 Sodium=640	Pork Chops W/ Apples Calories= 680 Carb=54 Sodium=550	BBQ Chicken Calories=680 Carbs= 76 Sodium=770	Beef Stir Fry Calories=770 Carb= 79 Sodium=780	Chicken Cacciatore Calories =660 Carb=89 Sodium=660
	Chicken Pot & Pea Salad Calories=700 Carbs=91 Sodium=500			