






October



CATHOLIC COMMUNITY SERVICES
SENIOR NUTRITION PROGRAM



2022

Mon	Tue	Wed	Thu	Fri
3 Spanish Beef Stew Tossed Salad Tortilla Chips Melon	4 Chicken Caesar Salad Baked Apple	5 Caribbean Pork Chops W-Peppers Pineapple Cornbread	6 Flank Steak New Potatoes Arugula & Asparagus	
10 Parmesan Tilapia W- Pilaf Squash Brownie Bits	11 Chicken Pasta Primavera Fettuccine Melon	12 Pork Fajitas W Onion & Zucchini Pinto Beans Banana	13 Salmon German Potato Salad Broccoli & Cauliflower Bread Sticks	14 
17 Turkey & Broccoli Peas & Bowties Orange	18 Fish Sandwich Broccoli & Cauliflower Orange Ice Cream	19 Beef & Asparagus Rice Fig Newton	20 Buckwheat & Squash Salad W- Chicken Lemon Bar	21
24 Chicken Tetrazzini Tossed Salad W- Cabbage & Garbanzo Beans	25 Pineapple Pork Rice Coleslaw Tropical Fruit Salad	26 Florentine Fish Zucchini & Onion & Tomatoes Cherry Crisp	27 Mediterranean Chicken Wrap Spinach & Cannellini Beans Rice Pudding	28 
31 Brown Rice Veggie Bowl W/ Cilantro Dressing Sour Dough Roll				

No Meals on Friday

This Menu is subject to change

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