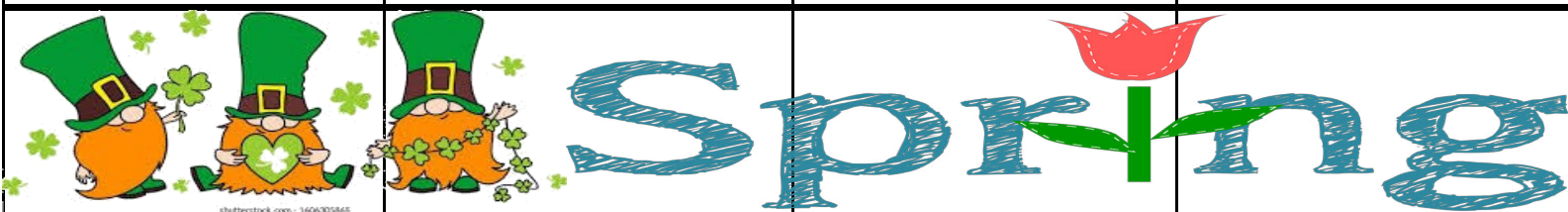



Mon	Tue	Wed	Thu	Fri
				1 Omelet Sausage Patty Hashbrowns Honey Dew Melon
4 Honey Dijon Chicken Potatoes Beets Peaches	5 Sloppy Joe Sandwich Tomato ,Cucumber Feta & Onion Salad Yogurt Strawberries	6 Chefs Salad W/ Turkey Cheese & Egg Beans & Peas Breadsticks Peaches	7 Swiss Cheese Burger Lettuce & Tomatoes Wedge Fries Mixed Berries	8 Amandine Fish Broccoli Wheat Roll Orange Lemon Bar
11 Minestrone Soup Baked Potato Mixed Berries Whip Cream	12 Spaghetti W Beef Green Beans Garlic Bread Pears	13 Chicken Fajita W/ Bell Peppers & Zucchini Rice Salsa, Guacamole, Sour Cream	14 Beef Shepard's Pie Lettuce, Tomato Carrot Salad Fig Newton	15 Irish Stew  Beef & Cabbage Potatoes & Carrots Biscuits Apples & Cinnamon
18 Oven Fried Chicken Green Beans Roasted Potatoes Wheat Rolls Orange	19 Pork Tenderloin Bake Spinach Butternut Squash Grapes Oatmeal Cookies	20 Beef Barley Soup Caesar Salad Fresh Apple Ginger Snaps	21 Sweet & Sour Pork Vegetables Rice Fortune Cookie Ice Cream	22 Beef & Pepper Steak Brussel Sprouts Pound Cake W Strawberries Whip Cream
25 Vegetarian Lasagna Green Beans Sautéed Cinnamon Apples	26 Cream of Mushroom Soup 1/2 Chicken Salad Sandwich Berry Crisp	27 Salisbury Steak W/ Gravy Mashed Potatoes Sautéed Spinach Fig Newton	28 Ham Scalloped Potatoes Green Beans Green Salad & Roll Strawberry Shortcake	29 Lunch Provided by Franke Tobey Jones & Pot Luck

This Menu is subject to change

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

March 2023

Catholic Community Services Senior Nutrition Program

Pierce

Mon	Tue	Wed	Thu	Fri
				Omelet Calories= 710 Carb=71 Sodium=740
Honey Dijon Chicken Calories=730 Carb=64 Sodium=480	Sloppy Joes Calories =660 Carbs=62 Sodium710	Chef Salad Calories=720 Carb= 56 Sodium=720	Swiss Cheeseburger Calories =810 Carb=80 Sodium=690	Amandine Fish Calories=680 Carb=71 Sodium=680
Minestrone Soup Calories=770 Carbs=96 Sodium= 640	Spaghetti Calories=635 Carb=75 Sodium=520	Chicken Fajitas Calories =680 Carb=78 Sodium= 740	Beef Sheppard's Pie Calories=670 Carb=85 Sodium=540	Irish Stew Calories= 800 Carb=92 Sodium=710
Oven Fried Chicken Calories= 780 Carbs=74 Sodium=520	Pork Tenderloin Bake Calories=739 Carb=90 Sodium=620	Beef Barley Soup Calories= 710 Carb=90 Sodium=750	Sweet & Sour Pork Calories=810 Carb=102 Sodium=610	Beef Pepper Steak Calories= 810 Carb=97 Sodium=760
Vegetable Lasagna Calorie= 690 Carb=80 Sodium=790	Cream Of Mushroom Soup Calories= 710 Carbs=72 Sodium=470	Salisbury steak with Gravy Calories= 800 Carb=92 Sodium=710	Ham Calories 700 Carb= 101 Sodium= 1500	