


Mon	Tue	Wed	Thu	Fri
3 Omelet Sausage Patty Hashbrowns Honey Dew Melon	4 Honey Dijon Chicken Potatoes Beets Peaches	5 Chefs Salad W/ Turkey & Ham , Cheese & Egg Breadsticks Fruit Cocktail	6 Chicken Salad Sandwich Strawberry Spinach Salad Mixed Berries Whip Cream	7 Amandine Fish Broccoli Wheat Roll Orange Lemon Bar
10 Tuna Noodle Casserole W/ Peas Carrots & Raisins Salad Peaches	11 Spaghetti W Beef Green Beans Garlic Bread Pears	12 Chicken Fajita W/ Bell Peppers & Zucchini Rice Salsa, Sour Cream Peaches	13 Beef Shepard's Pie Lettuce, Tomato Carrot Salad Fig Newton	14 Flank Steak New Potatoes Arugula & Long Green Beans
17 Oven Fried Chicken Green Beans Roasted Potatoes Wheat Rolls Orange	18 Sweet & Sour Pork Vegetables Rice Fortune Cookie Ice Cream	19 FRANK TOBEY JONES WILL BE PROVIDING SACK LUNCH FOR A COST OF \$3.50 	20 Beef & Pepper Steak Brussel Sprouts Pound Cake W Strawberries Whip Cream	21 Pasta Salad w/Peas Carrots ,Bacon Crum- bles Hard Boiled Egg Mandarin Oranges Lemon Bar
24 Sloppy Joe Sandwich Tomato ,Cucumber Feta & Onion Salad Yogurt Strawberries	25 Vegetarian Lasagna Green Beans Sautéed Cinnamon Apples	26 Lime Fish Zucchini Linguine Strawberry Rhubarb Compote	27 Pork Tenderloin Bake Spinach Butternut Squash Grapes Oatmeal Cookies	28 Salisbury Steak W/ Gravy Mashed Potatoes Sautéed Spinach Fig Newton

This Menu is subject to change

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

June 2024**Catholic Community Services Senior Nutrition Program****Pierce**

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Omelet Calories= 710 Carb=71 Sodium=740	Honey Dijon Chicken Calories=730 Carb=64 Sodium=480	Chef Salad Calories=720 Carb= 56 Sodium=720	Chicken Salad Sandwich Calories =710 Carb= 62 Sodium= 740	Amandine Fish Calories=680 Carb=71 Sodium=680
Tuna Noodle Casserole Cal=700 Carb= 104 Sodium= 750	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	Flank Steak Calories= 580 Carb= 42 Sodium= 670
Oven Fried Chicken Calories= 780 Carbs=74 Sodium=520	Sweet & Sour Pork Calories=810 Carb=102 Sodium=610		Beef Pepper Steak Calories= 810 Carb=97 Sodium=760	Pasta Salad Calories=800 Carb=45 Sodium=640
Sloppy Joes Calories =660 Carbs=62 Sodium710	Vegetable Lasagna Calorie= 690 Carb=80 Sodium=790	Lime Fish Calories= 710 Carb=91 Sodium=450	Pork Tenderloin Bake Calories=739 Carb=90 Sodium=620	Salisbury steak with Gravy Calories= 800 Carb=92 Sodium=710