





Mon	Tue	Wed	Thu	Fri <i>FTJ Lunches</i>
2 Beef Chili Con Carne Sautéed Carrots Spinach Cornbread Pears 	3 Pineapple Pork Red Potato Coleslaw Fruit Salad	4 Chicken Salad Sandwich Strawberry Spinach Salad Mixed Berries Whip Cream Whip Cream	5 Beef Shepard's Pie Lettuce, Tomato Carrot Salad Fig Newton	6 Chef Salad Dinner Roll Butterscotch Pudding
9 Chicken Fajita W/ Bell Peppers & Zucchini Rice Salsa, Sour Cream Tropical Fruit	10 Salisbury Steak W/ Gravy Mashed Potatoes Sautéed Spinach Fig Newton	11 Tuna Noodle Casserole W/ Peas Carrots & Raisins Salad Peaches	12 Chefs Salad W/ Turkey & Ham , Cheese & Egg Breadsticks Peaches	13 Lemon Tarragon Tuna Salad on a Bun Potato Chips Fresh Fruit Cookie
16 Florentine Fish Zucchini & Onion & Tomatoes Cherry Crisp	17 Chicken Teriyaki Rice W/ Peas & Carrots Pear Fortune Cookie	 18 Ham w/Crushed Pineapple Potato's & Gravy Green Beans & Roll Apple Pie Ice Cream	19 Beef & Rice Burrito Salsa & Sour Cream Tomato-Onion-Cucumber Salad Apples-Walnut-Whip	20 Italian Wrap Pasta Salad Fresh Fruit Pudding Cup
23 Sweet & Sour Pork Vegetables Rice Fortune Cookie Ice Cream	24 Spaghetti W Beef Green Beans Garlic Bread Pears	 	26  	27 Turkey & Swiss Sandwich Potato Chips Fresh Fruit Cookie
30 Corn Chowder 1/2 Chicken Salad Sandwich Banana 	31 Fish Taco Rice & Beans Berries & Whip Cream 		2 	3 Ham & Cheddar Sandwich Macaroni Salad Fresh Fruit Brownie

Hanukkah: Dec. 25 - Jan. 2  
 Kwanzaa: Dec. 26 - Jan. 1

This Menu is subject to change - Consuming Mishandled Leftover Food  
 May Increase Your Risk of Food Borne Illness.

*FTJ Lunches must be ordered the Monday  
 prior to the day you want lunch.*

**December 2024**

**Catholic Community Services Senior Nutrition Program**

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
<b>Beef Chile Con Carne</b> Calories=790 Carb= 79 Sodium=750	<b>Pineapple Pork</b> Calories= 660 Carbs= 89 Sodium= 720	<b>Chicken Salad Sand- wich</b> Calories =710 Carb= 62	<b>Beef Sheppard's Pie</b> Calories=670 Carb=85	
<b>Chicken Fajitas</b> Calories =680 Carb=78 Sodium= 740	<b>Salisbury steak W/ Gravy</b> Calories= 800 Carb=92 Sodium=710	<b>Tuna Noodle Casserole</b> Cal=700 Carb= 104 Sodium= 750	<b>Chef Salad</b> Calories=720 Carb= 56 Sodium=720	
<b>Florentine Fish</b> Calories= 710 Carb= 71 Sodium= 610	<b>Chicken Teriyaki</b> Calories=780 Carbs=126 Sodium=610	<b>Beef &amp; Bean Burrito</b> Calories= 750 Carb=95 Sodium=750	<b>Ham</b> Calories= 840 Carbs=122 Sodium= 960	
<b>Sweet &amp; Sour Pork</b> Calories=810 Carb=102 Sodium=610	<b>Spaghetti</b> Calories=635 Carb=75 Sodium=520			
<b>Corn Chowder</b> Calories=775 Carbs=100 Sodium= 598	<b>Fish Taco</b> Calories= 740 Carbs= 80 Sodium= 680			