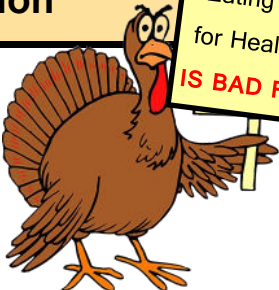


Catholic Community Services Senior Nutrition Program November 2025

Mon		Wed	Thu	Fri FTJ Lunches
				FTJ FRIDAY LUNCHES Provided by Franke Tobey Jones. Please order by the Monday prior to the Friday you want lunch.
3 Pork Luau Rice Pineapple Coleslaw Hawaiian Roll Tropical Fruit Salad	4 Philly Cheese Sandwich Brussel Sprouts Grapes	5 Italian Wedding Soup Blue cheese Salad Apple Wheat Roll	6 Chicken Fried Rice Egg Roll Stir Fry Veggies Mandarin Orange Fortune Cookie	7 Turkey & Swiss Sandwich Potato Chips Fresh Fruit Cookie
10 Wild Rice Chicken Soup 1/2 Egg Salad Sandwich Oranges	11 Swiss Cheese Burger Green Beans Wedge Fries Mixed Berries  <i>Thank You Veterans</i>	12 Turkey Meatloaf Potato W Sour Cream Broccoli Oatmeal Raisin Cookie	13 Tuna Melt Pea Onion & Tomato Salad W/ Cheese Grapes	14 Ham & Cheddar Sandwich Macaroni Salad Fresh Fruit Brownie
17 Chicken Cacciatore Zucchini & Tomato Medley Wheat Roll Pears	18 Meatloaf Potatoes & Gravy Carrots Oranges Brownie	19 Fish & Chips Coleslaw Yogurt Strawberry Rhubarb Compote	20 Chicken Cheese Taco Cauliflower Salsa Sour Cream Caramelized Bananas	21 Chef Salad Dinner Roll & Margarine Butterscotch Pudding
24 Pancakes Sausage Patty Scrambled Eggs Melon Orange Juice	25 Roast Turkey Mashed Potato & Gravy Green Beans Cranberry Sauce Wheat Roll Pumpkin Pie	26 Pork Chops With Apples Cucumber Tomato Feta Salad Rice Pudding	28  we will be CLOSED on THANKSGIVING	29 Lemon Tarragon Tuna Sandwich Potato Chips Fresh Fruit Cookie

This Menu is subject to change

Mon	Tue	Wed	Thu	Fri
				
Pork Luau Calories= 980 Carbs= 112 Sodium= 580	Philly Steak Sandwich Calories=800 Carb= 79 Sodium=680	Italian Wedding Soup Calories=690 Carb=71 Sodium=740	Chicken Fried Rice Calories= 760 Carbs= 121 Sodium= 740	
Wild Rice Chicken Soup Calories= 760 Carbs=75 Sodium=590		Turkey Meatloaf Calories=770 Carb=79 Sodium=750	Tuna Melt Calories=700 Carbs=61 Sodium=660	
Chicken Cacciatore Calories =660 Carb=89 Sodium=660	Meatloaf Calories = 710 Carbs=67 Sodium= 580	Fish & Chips Calories=670 Carb=92 Sodium=530	Chicken Cheese Taco Calories=660 Carb=72 Sodium=640	
Pancakes Calories = 790 Carbs = 95 Sodium = 700	Roast Turkey Calories= 950 Carb=124 Sodium=1170	Pork Chops W/ Apples Calories= 680 Carb=54 Sodium=550		