

Pt. Defiance~Ruston CCS Senior Nutrition Program



December 2025

Mon	Tue	Wed	Thu	Fri
1 Beef & Rice Burrito Salsa & Sour Cream Tomato-Onion-Cucumber Salad Apples-Walnut-Whip	2 Turkey A La King W/ Biscuit Waldorf Salad Animal Cookies	3 Chicken Salad Sandwich Strawberry Spinach Salad Mixed Berries Whip Cream Whip Cream	4 Vegetarian Lasagna Green Beans Sautéed Cinnamon Apples	5 Italian Wrap Pasta Salad Fresh Fruit Pudding Cup
8 Chefs Salad W/ Turkey & Ham , Cheese & Egg Breadsticks Peaches	9 Honey Dijon Chicken Potatoes Beets Mandarin Oranges	10 Salisbury Steak W/ Gravy Mashed Potatoes Sautéed Spinach Fig Newton	11 Amandine Fish Broccoli Normandy Wheat Roll Orange Chocolate Chip Cookie	7 Turkey & Swiss Sandwich Potato Chips Fresh Fruit Cookie
15 Spaghetti W Beef Veggie Blend Italian Garlic Bread Pears	16 Sweet & Sour Pork Vegetables Rice Fortune Cookie Ice Cream	17 Chicken Fajita W/ Bell Peppers & Zucchini Rice Salsa & Sour Cream Tropical Fruit	18 Pork Tenderloin Bake Spinach Butternut Squash Grapes Oatmeal Cookies	14 Ham & Cheddar Sandwich Macaroni Salad Fresh Fruit Brownie
22 Sloppy Joe Sandwich Tomato ,Cucumber Feta & Onion Salad Yogurt Strawberries	23 Ham Crushed Pineapple Potato's & Gravy Green Beans & Roll, Apple Pie & Ice Cream 	24 Lime Fish Zucchini Linguine Strawberry Rhubarb Compote	25  CLOSED CHRISTMAS DAY <i>Happy Holidays!</i>	26 Chef Salad Dinner Roll & Margarine Butterscotch Pudding
29 Chicken Burger Potato Salad Veggie Sticks Honey Dew Melon	30 Beef & Pepper Steak Brussel Sprouts Pound Cake W Strawberries Whip Cream	31 Oven Fried Chicken Veggie Blend Capri Roasted Potatoes Wheat Rolls Orange	1 	FTJ FRIDAY LUNCHES Provided by Franke Tobey Jones. Please order by the Monday prior to the Friday you want lunch.

This Menu is subject to change

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

December 2025

Catholic Community Services Senior Nutrition Program

Mon	Tue	Wed	Thu	Fri
Beef & Bean Burrito Calories= 750 Carb=95 Sodium=750	Turkey A La King Calories= 680 Carbs=101 Sodium= 470	Chicken Salad Sand- wich Calories =710 Carb= 62	Vegetable Lasagna Calorie= 690 Carb=80 Sodium=790	
Chef Salad Calories=720 Carb= 56 Sodium=720	Honey Dijon Chicken Calories=730 Carb=64 Sodium=480	Salisbury steak Calories= 800 Carb=92 Sodium=710	Amandine Fish Calories=680 Carb=68 Sodium=754	
Spaghetti Calories=699 Carb=80 Sodium=710	Sweet & Sour Pork Calories=810 Carb=102 Sodium=610	Chicken Fajitas Calories =680 Carb=78 Sodium= 740	Pork Tenderloin Bake Calories=739 Carb=90 Sodium=620	
Sloppy Joes Calories =660 Carbs=62 Sodium710	Ham Calories= 840 Carbs=122 Sodium= 960	Lime Fish Calories= 710 Carb=91 Sodium=450		
Chicken Burger Calories=669 Carbs=80 Sodium=755	Beef Pepper Steak Calories= 810 Carb=97 Sodium=760	Oven Fried Chicken Calories= 822 Carbs=80 Sodium=633		