



March 2025 Catholic Community Services Senior Nutrition Program

Mon	Tue	Wed	Thu	Fri
3 Tuna Noodle Casserole W/ Peas Carrots & Raisins Salad Peaches	4 Pineapple Pork Red Potato Coleslaw Fruit Salad	5 Chicken Salad Sandwich Strawberry Spinach Salad Mixed Berries Whip Cream Whip Cream	6 Beef Shepard's Pie Lettuce, Tomato Carrot Salad Fig Newton	7 Chicken Fajita W/ Bell Peppers & Zucchini Rice Salsa, Sour Cream Tropical Fruit
10 Salisbury Steak W/ Gravy Mashed Potatoes Sautéed Spinach Fig Newton	11 Minestrone Soup Baked Potato Mixed Berries Whip Cream	12 Vegetarian Lasagna Green Beans Sautéed Cinnamon Apples	13 Omelet Sausage Patty Hashbrowns Honey Dew Melon	14 Sloppy Joe Sandwich Tomato ,Cucumber Feta & Onion Salad Yogurt Strawberries
17 Irish Stew Beef & Cabbage Potatoes & Carrots Biscuits Apples & Cinnamon	18 Chicken Teriyaki Rice W/ Peas & Carrots Pear Fortune Cookie	19 Fish Taco Rice & Beans Berries & Whip Cream	20 Honey Dijon Chicken Potatoes Beets Mandarin Oranges	21 Chefs Salad W/ Turkey & Ham , Cheese & Egg Breadsticks Pineapple
24 Sweet & Sour Pork Vegetables Rice Fortune Cookie Ice Cream	25 Spaghetti W Beef Green Beans Garlic Bread Pears	26 Oven Fried Chicken Broccoli Normandy Roasted Potatoes Wheat Rolls Orange	27 Beef & Rice Burrito Salsa & Sour Cream Tomato-Onion-Cucumber Salad Apples-Walnut-Whip	28 Beef Chili Con Carne Sautéed Carrots Spinach Cornbread Pears
31 Swiss Cheese Burger Lettuce & Tomatoes Wedge Fries Mixed Berries				

This Menu is subject to change

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

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Tuna Noodle Casserole Cal=700 Carb= 104 Sodium= 750	Pineapple Pork Calories= 660 Carbs= 89 Sodium= 720	Chicken Salad Sand- wich Calories =710 Carb= 62	Beef Sheppard's Pie Calories=670 Carb=85	Chicken Fajitas Calories =680 Carb=78 Sodium= 740
Salisbury steak W/ Gravy Calories= 800 Carb=92 Sodium=710	Minestrone Soup Calories=770 Carbs=96 Sodium=640	Vegetable Lasagna Calorie= 690 Carb=80 Sodium=790	Omelet Calories= 710 Carb=71 Sodium=740	Sloppy Joes Calories =660 Carbs=62 Sodium710
Irish Stew Calories= 800 Carb=92 Sodium=710	Chicken Teriyaki Calories=780 Carbs=126 Sodium=610	Fish Taco Calories= 740 Carbs= 80 Sodium= 680	Honey Dijon Chicken Calories=730 Carb=64 Sodium=480	Chef Salad Calories=720 Carb= 56 Sodium=720
Sweet & Sour Pork Calories=810 Carb=102 Sodium=610	Spaghetti Calories=635 Carb=75 Sodium=520	Oven Fried Chicken Calories= 780 Carbs=74 Sodium=520	Beef & Bean Burrito Calories= 750 Carb=95 Sodium=750	Beef Chile Con Carne Calories=790 Carb= 79 Sodium=750
Swiss Cheeseburger Calories =810 Carb=80 Sodium=690	Fish Taco Calories= 740 Carbs= 80 Sodium= 680			

