




Catholic Community Services Senior Nutrition Program April 2025

Mon	Tue	Wed	Thu	Fri
	1 BBQ Chicken Pasta Salad Green Beans Ice Cream	2 Florentine Fish Zucchini & Onion & Tomatoes Cherry Crisp	3 Beef Noodle Soup Carrot Pineapple & Raisins Salad Oatmeal Cookie	4 Turkey Burger Sweet Potato Fries Coleslaw Applesauce
7 Pork Cutlet Baked Potato Baked Beans Coleslaw	8 Ground Turkey Spaghetti Green Beans Breadsticks Pears	9 Mediterranean Chicken Wrap Spinach & Cannellini Beans Rice Pudding	10 Macaroni & Cheese Brussel Sprouts Wheat Roll Strawberries	11 French Toast Sausage Links Hash Browns Orange Juice
14 Corn Chowder 1/2 Chicken Salad Sandwich Banana	15 Beef & Pepper Casserole W/Rice Salad Peach Cobbler	16 Ham Scalloped Potatoes Green Beans Green Salad & Roll Strawberry Shortcake	17 Parmesan Tilapia W- Pilaf Squash Brownie Bits	18 CLOSED 
21 Swedish Meatballs Potato Salad Apricots	22 Chicken Tortilla Soup Tortilla Chips Sour Cream & Cheese Mango & Fig Newton	23 Fish Sandwich Malibu Blend Veggies Orange Ice Cream	24 Chicken Caesar Salad Baked Apple	25 Beef Stew Coleslaw Wheat Roll Fruit Cocktail
28 Chicken Teriyaki Rice W/ Peas & Carrots Asian Vegetable Bend Pear Fortune Cookie	29 Pork Fajitas W Onion & Zucchini Pinto Bean Banana	30 Tuna Noodle Casserole W/ Peas Carrot & Raisin Salad Peaches		

This Menu is subject to change

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

Mon	Tue	Wed	Thu	Fri
	BBQ Chicken Calories=680 Carbs= 76 Sodium=770	Florentine Fish Calories= 710 Carb= 71 Sodium= 610	Beef Noodle Soup Calories= 727 Carb=104 Sodium= 700	Turkey Burger Calories= 706 Carb= 84 Sodium= 661
Pork Cutlet Calories= 760 Carb= 79 Sodium= 730	Ground Turkey Spaghetti Calories= 670 Carb=82 Sodium=730	Mediterranean Wrap Calories=660 Carb=69 Sodium=750	Macaroni & Cheese Calories=670 Carbs= 85 Sodium=590	French Toast Calories= 830 Carbs= 95 Sodium= 710
Corn Chowder Calories=775 Carbs=100 Sodium= 598	Beef & Pepper Casserole Calories= 730 Carbs=102 Sodium=750	Ham Calories 700 Carb= 101 Sodium= 1500	Parmesan Tilapia Calories= 710 Carb= 64 Sodium= 670	
Swedish Meatballs Calories= 840 Carbs=29 Sodium= 750	Chicken Tortilla Soup Calories= 670 Carb= 81 Sodium= 750	Fish Sandwich Calories= 670 Carbs=98 Sodium= 730	Chicken Caesar Salad Calories= 670 Carb= 62 Sodium= 710	Beef Stew Calories= 704 Carb= 74 Sodium= 628
Chicken Teriyaki Calories=780 Carbs=126 Sodium=610	Pork Fajitas Calorie= 710 Carb= 83 Sodium= 650	Tuna Noodle Casserole Cal=700 Carb= 104 Sodium= 750		