

Catholic Community Services Senior Nutrition Program August 2025

Mon	Tue	Wed	Thu	Fri
				1 Turkey Cheese Burger Sweet Potato Fries Coleslaw Applesauce
4 Fish & Chips Coleslaw Yogurt Strawberry Rhubarb Compote	5 Chicken Salsa Salad Corn and Beans Tortilla Chips Fig Newton	6 Philly Cheese Sandwich Claremont Salad Grapes	7 BBQ Pork Open Face Sandwich Green Beans Carrot Raisin Salad Lemon Bar	8 Baja Chicken Black Bean, Corn, Rice Salad Ice Cream & Pineapple Sauce
11 BBQ Chicken Pasta Salad Green Beans Ice Cream Pineapple Sauce	12 Meatloaf Potatoes & Gravy Carrots Oranges Brownie	13 Pork Chops With Apples Cucumber Tomato Feta Salad Rice Pudding	14 Chicken Cheese Taco Cauliflower Salsa Sour Cream Caramelized Bananas	15 Tuna Melt Pea Onion & Tomato Salad W/ Cheese Grapes
18 Pork Luau Rice Pineapple Coleslaw Hawaiian Roll Tropical Fruit Salad	19 Pancakes Sausage Patty Scrambled Eggs Melon Orange Juice	20 Taco Bake Casserole Corn & Black Beans Pinto Beans Melon	21 Turkey Meatloaf Potato W Sour Cream Broccoli Oatmeal Raisin Cookie	22 Chinese Chicken Salad Wheat Roll Pears
25 Beef Stir Fry Fried Rice W/ Egg Peas & Carrots Fortune Cookie Ice Cream Cup	26 Baked Chicken W/ Apple Zucchini Linguini Brussel Sprouts Wheat Roll Peaches	27 Baked Cod Roasted Mediterranean Veggies Waldorf Salad Oatmeal Raisin Cookie	28 Beef Macaroni Green Bean Salad Applesauce	29 Chicken Cacciatore Zucchini & Tomato Medley Wheat Roll Pears

This Menu is subject to change

Mon		Tue	Wed	Thu	Fri
					Turkey Burger Calories= 706 Carb= 84 Sodium= 661
Fish & Chips Calories=670 Carb=92 Sodium=530	Chicken Salsa Salad Calories=700 Carbs=90 Sodium=680	Philly Steak Sandwich Calories=923 Carb= 87 Sodium=735	BBQ Pork Open Face Sandwich Calories=720 Carb=110 Sodium=790	Baja Chicken Calories= 770 Carbs=81 Sodium=400	
BBQ Chicken Calories=680 Carbs= 76 Sodium=770	Meatloaf Calories = 710 Carbs=67 Sodium= 580	Pork Chops W/ Apples Calories= 680 Carb=54 Sodium=550	Chicken Cheese Taco Calories=660 Carb=72 Sodium=640	Tuna Melt Calories=700 Carbs=61 Sodium=660	
Pork Luau Calories= 980 Carbs= 112 Sodium= 580	Pancakes Calories = 790 Carbs = 95 Sodium = 700	Taco Bake Casserole Calories= 690 Carbs= 60 Sodium= 670	Turkey Meatloaf Calories=770 Carb=79 Sodium=750	Chinese Chicken Salad Calories= 780 Carb=25 Sodium= 760	
Beef Stir Fry Calories=770 Carb= 79 Sodium=780	Baked Chicken Calories=650 Carbs=92 Sodium=360	Baked Cod Calories =969 Carbs=104 Sodium=744	Beef Macaroni Calories=858 Carb=67 Sodium=543	Chicken Cacciatore Calories =660 Carb=89 Sodium=660	