

Catholic Community Services Senior Nutrition Program February 2026

Mon	Tue	Wed	Thu	Fri
2 BBQ Pork Open Face Sandwich Green Beans Carrot Raisin Salad Lemon Bar		4 Pancakes Sausage Patty Scrambled Eggs Melon Orange Juice		6 Tuna Melt Pea Onion & Tomato Salad W/ Cheese Grapes
9 Baked Cod Roasted Mediterranean Veggies Oatmeal Raisin Cookie		11 Meatloaf Potatoes & Gravy Carrots Oranges Brownie		13 Beef Goulash Broccoli Pound Cake Strawberries Whip Cream
		18 Turkey Noodle Soup Carrot & Raisins Salad Peanut Butter Cookie		20 Beef Stir Fry Fried Rice W/ Egg Peas & Carrots Fortune Cookie Ice Cream Cup
23 BBQ Chicken Pasta Salad Green Beans Ice Cream Pineapple Sauce		25 Pork Chops With Apples Cucumber Tomato Feta Salad Rice Pudding		27 Wild Rice Chicken Soup 1/2 Egg Salad Sandwich Oranges
				

This Menu is subject to

change

Mon	Tue	Wed	Thu	Fri
BBQ Pork Open Face Sandwich Calories=720 Carb=110 Sodium=790		Pancakes Calories = 790 Carbs = 95 Sodium = 700		Tuna Melt Calories=700 Carbs=61 Sodium=660
Baked Cod Calories =770 Carbs= 69 Sodium=780		Meatloaf Calories = 710 Carbs=67 Sodium= 580		Beef Goulash Calories =780 Carb=85 Sodium= 520
		Turkey Noodle Soup Calories= 727 Carbs= 104 Sodium=700		Beef Stir Fry Calories=770 Carb= 79 Sodium=780
BBQ Chicken Calories=680 Carbs= 76 Sodium=770		Pork Chops W/ Apples Calories= 680 Carb=54 Sodium=550		Wild Rice Chicken Soup Calories= 760 Carbs=75 Sodium=590
				