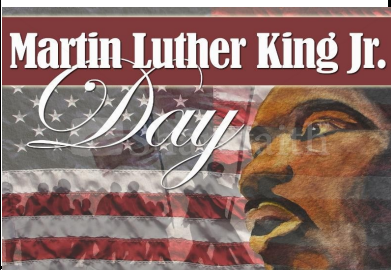
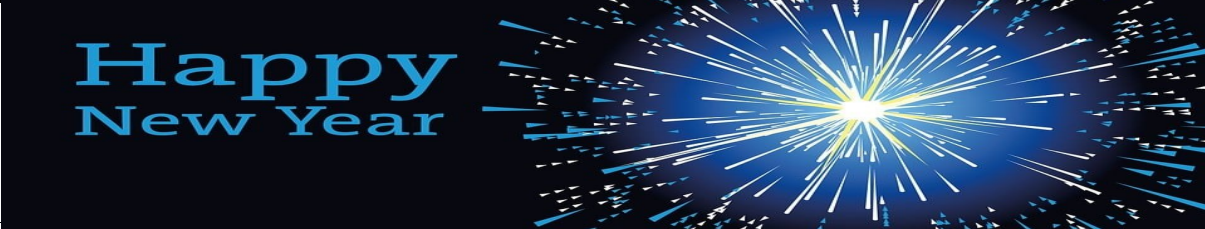
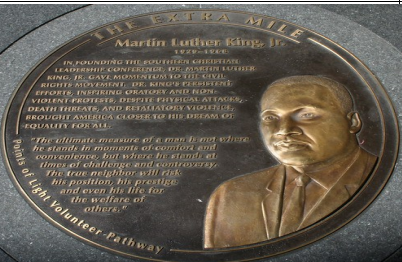


Catholic Community Services Senior Nutrition Program January 2026

Mon	Tue	Wed	Thu	Fri
				2 French Toast Sausage Links Hash Browns Orange Juice
5 Beef Noodle Soup Carrot Pineapple & Raisins Salad Oatmeal Cookie		7 Macaroni & Cheese Brussel Sprouts Wheat Roll Strawberries		9 Fish Sandwich Malibu Blend Veggies Orange Ice Cream
12 Beef & Pepper Casserole W/Rice Salad Peach Cobbler		14 Chicken Teriyaki Rice W/ Peas & Carrots Asian Vegetable Bend Pear Fortune Cookie		16 Corn Chowder 1/2 Chicken Salad Sandwich Banana
		21 Tuna Noodle Casserole W/ Peas Carrot & Raisin Salad Peaches		23 Chicken Tetrazzini Tossed Salad W- Cabbage & Garbanzo Beans
26 BBQ Chicken Pasta Salad Green Beans Ice Cream Pineapple Sauce		28 Pork Fajitas W Onion & Zucchini Pinto Beans Banana		30 Swedish Meatballs Potato Salad Apricots

This Menu is subject to change

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

Mon	Tue	Wed	Thu	Fri
				French Toast Calories= 830 Carbs= 95 Sodium= 710
Beef Noodle Soup Calories= 727 Carb=104 Sodium= 700		Macaroni & Cheese Calories=670 Carbs= 85 Sodium=590		Fish Sandwich Calories= 670 Carbs=98 Sodium= 730
Beef & Pepper Casserole Calories= 730 Carbs=102 Sodium=750		Chicken Teriyaki Calories=780 Carbs=126 Sodium=610		Corn Chowder Calories=775 Carbs=100 Sodium= 598
		Tuna Noodle Casserole Cal=700 Carb= 104 Sodium= 750		Chicken Tetrazzini Calories= 720 Carb=67 Sodium=670
BBQ Chicken Calories=680 Carbs= 76 Sodium=770		Pork Fajitas Calorie= 710 Carb= 83 Sodium= 650		Swedish Meatballs Calories= 840 Carbs=29 Sodium= 750