




Catholic Community Services Senior Nutrition Program August 2024

| Mon | Tue | Wed | Thu | Fri |
|--|--|---|---|---|
|  | |  | <p>1 Beef Goulash Broccoli Pound Cake Strawberries Whip Cream</p> | <p>2 BBQ Pork Open Face Sandwich Green Beans Carrot Raisin Salad Lemon Bar</p> |
| <p>5 Pancakes Sausage Patty Scrambled Eggs Melon Orange Juice</p> | <p>6 Fish & Chips Coleslaw Yogurt Strawberry Rhubarb Compote</p> | <p>7 Chicken Salsa Salad Corn and Beans Tortilla Chips Fig Newton</p> | <p>8 Beef Macaroni Broccoli Wheat Roll Applesauce</p> | <p>9 Shrimp Salad Melon Wheat Roll Lemon Bar</p> |
| <p>12 Baja Chicken Black Bean, Corn, Rice Salad Ice Cream & Pineapple Sauce</p> | <p>13 Meatloaf Potatoes & Gravy Carrots Oranges Brownie</p> | <p>14 Pork Chops With Apples Cucumber Tomato Feta Salad Rice Pudding</p> | <p>15 Chicken Cheese Taco Cauliflower Salsa Sour Cream Caramelized Bananas</p> | <p>16 Tuna Melt Pea Onion & Tomato Salad W/ Cheese Grapes</p> |
| <p>19 Chicken Cacciatore Zucchini & Tomato Medley Wheat Roll Pears</p> | <p>20 Pork Luau Rice Pineapple Coleslaw Hawaiian Roll Tropical Fruit Salad</p> | <p>21 Chinese Chicken Salad Wheat Roll Pears</p> | <p>22 Baked Cod Roasted Mediterranean Veggies Oatmeal Raisin Cookie</p> | <p>23 Philly Cheese Sandwich Brussel Sprouts Grapes</p> |
| <p>26 Fish Sandwich Broccoli & Cauliflower Orange Vanilla Ice Cream</p> | <p>27 Beef Stir Fry Fried Rice W/ Egg Peas & Carrots Fortune Cookie Ice Cream Cup</p> | <p>28 BBQ Chicken Pasta Salad Green Beans Ice Cream Pineapple Sauce</p> | <p>29 Turkey Meatloaf Potato W Sour Cream Broccoli Oatmeal Raisin Cookie</p> | <p>30 Taco Bake Casserole Corn & Black Beans Pinto Beans Melon</p> |

This Menu is subject to change

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|---|--|---|---|--|
|  | | | <p>Beef Goulash Calories =780 Carb=85 Sodium= 520</p> | <p>BBQ Pork Open Face Sandwich Calories=720 Carb=110 Sodium=790</p> |
| <p>Pancakes Calories = 790 Carbs = 95 Sodium = 700</p> | <p>Fish & Chips Calories=670 Carb=92 Sodium=530</p> | <p>Chicken Salsa Salad Calories=700 Carbs=90 Sodium=680</p> | <p>Beef Macaroni Calories=760 Carb=85 Sodium=730</p> | <p>Shrimp Salad Calories= 790 Carbs= 84 Sodium=590</p> |
| <p>Baja Chicken Calories= 770 Carbs=81 Sodium=400</p> | <p>Meatloaf Calories = 710 Carbs=67 Sodium= 580</p> | <p>Pork Chops W/ Apples Calories= 680 Carb=54 Sodium=550</p> | <p>Chicken Cheese Taco Calories=660 Carb=72 Sodium=640</p> | <p>Tuna Melt Calories=700 Carbs=61 Sodium=660</p> |
| <p>Chicken Cacciatore Calories =660 Carb=89 Sodium=660</p> | <p>Pork Luau Calories= 980 Carbs= 112 Sodium= 580</p> | <p>Chinese Chicken Salad Calories= 780 Carb=25 Sodium= 760</p> | <p>Baked Cod Calories =770 Carbs= 69 Sodium=780</p> | <p>Philly Steak Sandwich Calories=800 Carb= 79 Sodium=680</p> |
| <p>Fish Sandwich Calories= 760 Carbs=98 Sodium= 730</p> | <p>Beef Stir Fry Calories=770 Carb= 79 Sodium=780</p> | <p>BBQ Chicken Calories=680 Carbs= 76 Sodium=770</p> | <p>Turkey Meatloaf Calories=770 Carb=79 Sodium=750</p> | <p>Taco Bake Casserole Calories= 690 Carbs= 60 Sodium= 670</p> |