





Mon	Tue	Wed	Thu	Fri
3 Tuna Noodle Casserole W/ Peas Carrots & Raisins Salad Peaches	4 Pineapple Pork Red Potato Coleslaw Fruit Salad	5 Chicken Salad Sandwich Strawberry Spinach Salad Mixed Berries Whip Cream Whip Cream	6 Beef Shepard's Pie Lettuce, Tomato Carrot Salad Fig Newton	7 Chef Salad Dinner Roll Butterscotch Pudding Cup
10 Salisbury Steak W/ Gravy Mashed Potatoes Sautéed Spinach Fig Newton	11 Minestrone Soup Baked Potato Mixed Berries Whip Cream	12 Vegetarian Lasagna Green Beans Sautéed Cinnamon Apples <i>St. Patrick's Day Party</i> 	13 Omelet Sausage Patty Hashbrowns Honey Dew Melon	14 Lemon Tarragon Tuna Salad on Bun Potato Chips Fresh Fruit Cookie
17 Irish Stew, Beef & Cab- bage, Potatoes & Car- rots, Biscuits, Apples & Cinnamon <i>Happy St. Patrick's Day</i> 	18 Chicken Teriyaki Rice W/ Peas & Carrots Pear Fortune Cookie	19 Fish Taco Rice & Beans Berries & Whip Cream	20 Honey Dijon Chicken Potatoes Beets Mandarin Oranges	21 Italian Wrap Pasta Salad Fresh Fruit Pudding Cup
24 Sweet & Sour Pork Vegetables Rice Fortune Cookie Ice Cream	25 Spaghetti W Beef Green Beans Garlic Bread Pears	26 Oven Fried Chicken Broccoli Normandy Roasted Potatoes Wheat Rolls Orange	27 Beef & Rice Burrito Salsa & Sour Cream Tomato-Onion-Cucumber Salad Apples-Walnut-Whip	28 Turkey & Swiss Sandwich Potato Chips Fresh Fruit Cookie
31 Swiss Cheese Burger Lettuce & Tomatoes Wedge Fries Mixed Berries	 <i>Happy St. Patrick's Day!</i>			FRIDAY LUNCHES are provided by FTJ, and must be ordered by Monday of the week you want to eat on Friday.

This Menu is subject to change

March 2025

Catholic Community Services Senior Nutrition Program

Mon	Tue	Wed	Thu	Fri
Tuna Noodle Casserole Cal=700 Carb= 104 Sodium= 750	Pineapple Pork Calories= 660 Carbs= 89 Sodium= 720	Chicken Salad Sand- wich Calories =710 Carb= 62	Beef Sheppard's Pie Calories=670 Carb=85	
Salisbury steak W/ Gravy Calories= 800 Carb=92 Sodium=710	Minestrone Soup Calories=770 Carbs=96 Sodium=640	Vegetable Lasagna Calorie= 690 Carb=80 Sodium=790	Omelet Calories= 710 Carb=71 Sodium=740	
Irish Stew Calories= 800 Carb=92 Sodium=710	Chicken Teriyaki Calories=780 Carbs=126 Sodium=610	Fish Taco Calories= 740 Carbs= 80 Sodium= 680	Honey Dijon Chicken Calories=730 Carb=64 Sodium=480	
Sweet & Sour Pork Calories=810 Carb=102 Sodium=610	Spaghetti Calories=635 Carb=75 Sodium=520	Oven Fried Chicken Calories= 780 Carbs=74 Sodium=520	Beef & Bean Burrito Calories= 750 Carb=95 Sodium=750	HAPPY ST. PATRICK'S DAY! 
Swiss Cheeseburger Calories =810 Carb=80 Sodium=690	Fish Taco Calories= 740 Carbs= 80 Sodium= 680			