








Catholic Community Services Senior Nutrition Program November 2025

Mon	Tue	Wed	Thu	Fri
				
<p>3 Pork Luau Rice Pineapple Coleslaw Hawaiian Roll Tropical Fruit Salad</p>	<p>4 Philly Cheese Sandwich Brussel Sprouts Grapes</p>	<p>5 Italian Wedding Soup Blue cheese Salad Apple Wheat Roll</p>	<p>6 Chicken Fried Rice Egg Roll Stir Fry Veggies Mandarin Orange Fortune Cookie</p>	<p>7 Beef Macaroni Broccoli Wheat Roll Applesauce</p>
<p>10 Wild Rice Chicken Soup 1/2 Egg Salad Sandwich Oranges</p>		<p>12 Turkey Meatloaf Potato W Sour Cream Broccoli Oatmeal Raisin Cookie</p>	<p>13 Tuna Melt Pea Onion & Tomato Salad W/ Cheese Grapes</p>	<p>14 Beef Stir Fry Fried Rice W/ Egg Peas & Carrots Fortune Cookie Ice Cream Cup</p>
<p>17 Chicken Cacciatore Zucchini & Tomato Medley Wheat Roll Pears</p>	<p>18 Meatloaf Potatoes & Gravy Carrots Oranges Brownie</p>	<p>19 Fish & Chips Coleslaw Yogurt Strawberry Rhubarb Compote</p>	<p>20 Chicken Cheese Taco Cauliflower Salsa Sour Cream Caramelized Bananas</p>	<p>21 Minestrone Soup Saltine Crackers Berry Crisp Whip Cream</p>
<p>24 Pancakes Sausage Patty Scrambled Eggs Melon Orange Juice</p>	<p>25 Roast Turkey Mashed Potato & Gravy Green Beans Cranberry Sauce Wheat Roll Pumpkin Pie</p>	<p>26 Pork Chops With Apples Cucumber Tomato Feta Salad Rice Pudding</p>		

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<p>Pork Luau Calories= 980 Carbs= 112 Sodium= 580</p>	<p>Philly Steak Sandwich Calories=800 Carb= 79 Sodium=680</p>	<p>Italian Wedding Soup Calories=690 Carb=71 Sodium=740</p>	<p>Chicken Fried Rice Calories= 760 Carbs= 121 Sodium= 740</p>	<p>Beef Macaroni Calories=760 Carb=85 Sodium=730</p>
<p>Wild Rice Chicken Soup Calories= 760 Carbs=75 Sodium=590</p>		<p>Turkey Meatloaf Calories=770 Carb=79 Sodium=750</p>	<p>Tuna Melt Calories=700 Carbs=61 Sodium=660</p>	<p>Beef Stir Fry Calories=770 Carb= 79 Sodium=780</p>
<p>Chicken Cacciatore Calories =660 Carb=89 Sodium=660</p>	<p>Meatloaf Calories = 710 Carbs=67 Sodium= 580</p>	<p>Fish & Chips Calories=670 Carb=92 Sodium=530</p>	<p>Chicken Cheese Taco Calories=660 Carb=72 Sodium=640</p>	<p>Minestrone Soup Calories=780 Carbs=106 Sodium=600</p>
<p>Pancakes Calories = 790 Carbs = 95 Sodium = 700</p>	<p>Roast Turkey Calories= 950 Carb=124 Sodium=1170</p>	<p>Pork Chops W/ Apples Calories= 680 Carb=54 Sodium=550</p>	