




# December 2025 Catholic Community Services Senior Nutrition Program


Mon	Tue	Wed	Thu	Fri
1 Beef & Rice Burrito Salsa & Sour Cream Tomato-Onion-Cucumber Salad Apples-Walnut-Whip	2 Turkey A La King W/ Biscuit Waldorf Salad Animal Cookies	3 Chicken Salad Sandwich Strawberry Spinach Salad Mixed Berries Whip Cream Whip Cream	4 Vegetarian Lasagna Green Beans Sautéed Cinnamon Apples	5 Lentil Soup Garlic Chicken Banana
8 Chefs Salad W/ Turkey & Ham , Cheese & Egg Breadsticks Peaches	9 Honey Dijon Chicken Potatoes Beets Mandarin Oranges	10 Salisbury Steak W/ Gravy Mashed Potatoes Sautéed Spinach Fig Newton	11 Amandine Fish Broccoli Normandy Wheat Roll Orange Chocolate Chip Cookie	12 Beef Shepard's Pie Lettuce & Tomato Carrot Salad Fig Newton
15 Spaghetti W Beef Veggie Blend Italian Garlic Bread Pears	16 Sweet & Sour Pork Vegetables Rice Fortune Cookie Ice Cream	17 Chicken Fajita W/ Bell Peppers & Zucchini Rice Salsa & Sour Cream Tropical Fruit	18 Pork Tenderloin Bake Spinach Butternut Squash Grapes Oatmeal Cookies	19 Omelet Sausage Patty Hashbrowns Honey Dew Melon
22 Sloppy Joe Sandwich Tomato ,Cucumber Feta & Onion Salad Yogurt Strawberries	23 <b>Ham</b> <b>Crushed Pineapple</b> <b>Potato's &amp; Gravy</b> <b>Green Beans &amp; Roll</b> <b>Apple Pie</b> <b>Ice Cream</b>	24 Lime Fish Zucchini Linguine Strawberry Rhubarb Compote	25 	
29 Chicken Burger Potato Salad Veggie Sticks Honey Dew Melon	30 Beef & Pepper Steak Brussel Sprouts Pound Cake W Strawberries Whip Cream	31 Oven Fried Chicken Veggie Blend Capri Roasted Potatoes Wheat Rolls Orange		

**This Menu is subject to change**

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

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<b>Beef &amp; Bean Burrito</b> Calories= 750 Carb=95 Sodium=750	<b>Turkey A La King</b> Calories= 680 Carbs=101 Sodium= 470	<b>Chicken Salad Sand- wich</b> Calories =710 Carb= 62	<b>Vegetable Lasagna</b> Calorie= 690 Carb=80 Sodium=790	<b>Lentil Soup</b> Calories=680 Carb=80 Sodium=720
<b>Chef Salad</b> Calories=720 Carb= 56 Sodium=720	<b>Honey Dijon Chicken</b> Calories=730 Carb=64 Sodium=480	<b>Salisbury steak</b> Calories= 800 Carb=92 Sodium=710	<b>Amandine Fish</b> Calories=680 Carb=68 Sodium=754	<b>Beef Sheppard's Pie</b> Calories=670 Carb=85 Sodium=540
<b>Spaghetti</b> Calories=699 Carb=80 Sodium=710	<b>Sweet &amp; Sour Pork</b> Calories=810 Carb=102 Sodium=610	<b>Chicken Fajitas</b> Calories =680 Carb=78 Sodium= 740	<b>Pork Tenderloin Bake</b> Calories=739 Carb=90 Sodium=620	<b>Omelet</b> Calories= 710 Carb=71 Sodium=740
<b>Sloppy Joes</b> Calories =660 Carbs=62 Sodium710	<b>Ham</b> Calories= 840 Carbs=122 Sodium= 960	<b>Lime Fish</b> Calories= 710 Carb=91 Sodium=450		
<b>Chicken Burger</b> Calories=669 Carbs=80 Sodium=755	<b>Beef Pepper Steak</b> Calories= 810 Carb=97 Sodium=760	<b>Oven Fried Chicken</b> Calories= 822 Carbs=80 Sodium=633		