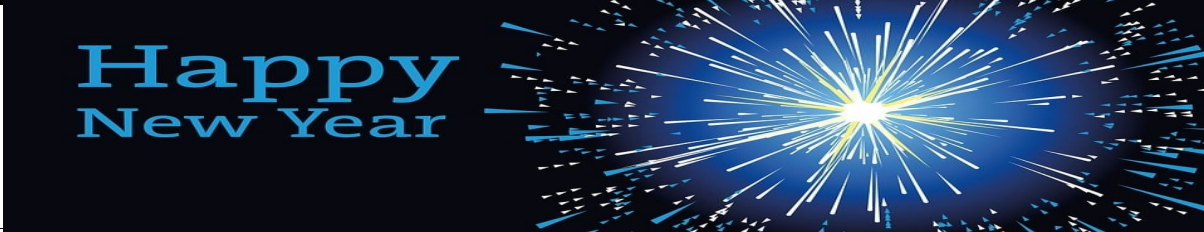
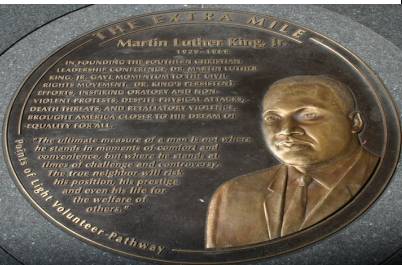


Catholic Community Services Senior Nutrition Program January 2026

Mon	Tue	Wed	Thu	Fri
			<p>2 French Toast Sausage Links Hash Browns Orange Juice</p>	
<p>5 Beef Noodle Soup Carrot Pineapple & Raisins Salad Oatmeal Cookie</p>	<p>6 Ground Turkey Spaghetti Green Beans Breadsticks Pears</p>	<p>7 Macaroni & Cheese Brussel Sprouts Wheat Roll Strawberries</p>	<p>8 Mediterranean Chicken Wrap Spinach & Cannellini Beans Rice Pudding</p>	<p>9 Fish Sandwich Malibu Blend Veggies Orange Ice Cream</p>
<p>12 Beef & Pepper Casserole W/Rice Salad Peach Cobbler</p>	<p>13 Turkey Burger Sweet Potato Fries Coleslaw Applesauce</p>	<p>14 Chicken Teriyaki Rice W/ Peas & Carrots Asian Vegetable Bend Pear Fortune Cookie</p>	<p>15 Parmesan Tilapia W- Pilaf Squash Brownie Bits</p>	<p>16 Corn Chowder 1/2 Chicken Salad Sandwich Banana</p>
	<p>20 Cream of Mushroom Soup 1/2 Chicken Salad Sandwich Berry Crisp</p>	<p>21 Tuna Noodle Casserole W/ Peas Carrot & Raisin Salad Peaches</p>	<p>22 Pork Cutlet Baked Potato Baked Beans Coleslaw</p>	<p>23 Chicken Tetrzzini Tossed Salad W- Cabbage & Garbanzo Beans</p>
<p>26 BBQ Chicken Pasta Salad Green Beans Ice Cream Pineapple Sauce</p>	<p>27 Florentine Fish Zucchini & Onion & Tomatoes Cherry Crisp</p>	<p>28 Pork Fajitas W Onion & Zucchini Pinto Beans Banana</p>	<p>29 Beef Stew Coleslaw Wheat Roll Fruit Cocktail</p>	<p>30 Swedish Meatballs Potato Salad Apricots</p>

This Menu is subject to change

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

Mon	Tue	Wed	Thu	Fri
 <p>Happy New Year</p>			<p>CLOSED</p>	<p>French Toast Calories= 830 Carbs= 95 Sodium= 710</p>
<p>Beef Noodle Soup Calories= 727 Carb=104 Sodium= 700</p>	<p>Ground Turkey Spaghetti Calories= 670 Carb=82 Sodium=730</p>	<p>Macaroni & Cheese Calories=670 Carbs= 85 Sodium=590</p>	<p>Mediterranean Wrap Calories=660 Carb=69 Sodium=750</p>	<p>Fish Sandwich Calories= 670 Carbs=98 Sodium= 730</p>
<p>Beef & Pepper Casserole Calories= 730 Carbs=102 Sodium=750</p>	<p>Turkey Burger Calories= 706 Carb= 84 Sodium= 661</p>	<p>Chicken Teriyaki Calories=780 Carbs=126 Sodium=610</p>	<p>Parmesan Tilapia Calories= 710 Carb= 64 Sodium= 670</p>	<p>Corn Chowder Calories=775 Carbs=100 Sodium= 598</p>
	<p>Cream Of Mushroom Soup Calories=710 Carbs=72 Sodium= 470</p>	<p>Tuna Noodle Casserole Cal=700 Carb= 104 Sodium= 750</p>	<p>Pork Cutlet Calories= 760 Carb= 79 Sodium= 730</p>	<p>Chicken Tetrazzini Calories= 720 Carb=67 Sodium=670</p>
<p>BBQ Chicken Calories=680 Carbs= 76 Sodium=770</p>	<p>Florentine Fish Calories= 710 Carb= 71 Sodium= 610</p>	<p>Pork Fajitas Calorie= 710 Carb= 83 Sodium= 650</p>	<p>Beef Stew Calories= 704 Carb= 74 Sodium= 628</p>	<p>Swedish Meatballs Calories= 840 Carbs=29 Sodium= 750</p>