






Catholic Community Services Senior Nutrition Program May 2026

Mon	Tue	Wed	Thu	Fri
				
4 Beef Stir Fry Fried Rice W/ Egg Peas & Carrots Fortune Cookie Ice Cream Cup	5 Chicken Cacciatore Zucchini & Tomato Medley Wheat Roll Pears	6 Pork Luau Rice Pineapple Coleslaw Hawaiian Roll Tropical Fruit Salad	7 Beef Macaroni Broccoli Wheat Roll Applesauce	8 Shrimp Scampi Linguini Pasta Strawberry Spinach Salad & Wheat Roll Coconut Cream Pie
11 Baja Chicken Black Bean, Corn, Rice Salad Ice Cream & Pineapple Sauce	12 BBQ Pork Roll Apple Coleslaw Green Beans Melon	13 Meatloaf Potatoes & Gravy Carrots Oranges Brownie	14 Baked Cod Roasted Mediterranean Veggies Oatmeal Raisin Cookie	15 Chicken Cheese Taco Cauliflower Salsa Sour Cream Caramelized Bananas
18 Fish & Chips Coleslaw Yogurt Strawberry Rhubarb Compote	19 Taco Bake Casserole Corn & Black Beans Pinto Beans Melon	20 Chinese Chicken Salad Wheat Roll Pears	21 Tuna Melt Pea Onion & Tomato Salad W/ Cheese Grapes	22 Philly Cheese Sandwich Brussel Sprouts Grapes
	26 Chicken Fried Rice Egg Roll Stir Fry Veggies Mandarin Orange Fortune Cookie	27 Beef Goulash Broccoli Pound Cake Strawberries Whip Cream	28 Pork Tenderloin W/ Sweet Potatoes Green Beans Roll Apple Crisp	29 Turkey Meatloaf Potato W Sour Cream Broccoli Oatmeal Raisin Cookie

This Menu is subject to change

Mon	Tue	Wed	Thu	Fri
				Pancakes Calories = 790 Carbs = 95 Sodium = 700
Beef Stir Fry Calories=770 Carb= 79 Sodium=780	Chicken Cacciatore Calories =660 Carb=89 Sodium=660	Pork Luau Calories= 980 Carbs= 112 Sodium= 580	Beef Macaroni Calories=760 Carb=85 Sodium=730	Shrimp Scampi Calories= 690 Carbs=91 Sodium= 750
Baja Chicken Calories= 770 Carbs=81 Sodium=400	BBQ Pork Roll Calories= 710 Carbs=139 Sodium=710	Meatloaf Calories = 710 Carbs=67 Sodium= 580	Baked Cod Calories =770 Carbs= 69 Sodium=780	Chicken Cheese Taco Calories=660 Carb=72 Sodium=640
Fish & Chips Calories=670 Carb=92 Sodium=530	Taco Bake Casserole Calories= 690 Carbs= 60 Sodium= 670	Chinese Chicken Salad Calories= 780 Carb=25 Sodium= 760	Tuna Melt Calories=700 Carbs=61 Sodium=660	Philly Steak Sandwich Calories=800 Carb= 79 Sodium=680
	Chicken Fried Rice Calories= 760 Carbs= 121 Sodium= 740	Beef Goulash Calories =780 Carb=85 Sodium= 520	Pork Tenderloin /W Sweet Potato Calories= 735 Carb=104 Sodium=575	Turkey Meatloaf Calories=770 Carb=79 Sodium=750