




June Catholic Community Services Senior Nutrition Program Pierce County 2026

Mon	Tue	Wed	Thu	Fri
1 Beef Shepard's Pie Lettuce, Tomato Carrot Salad Fig Newton	2 Pork Tenderloin Bake Veggie Blend Capri Grapes Oatmeal Cookies	3 Lime Fish Zucchini Linguine Strawberry Rhubarb Compote	4 Oven Fried Chicken Green Beans Roasted Potatoes Wheat Rolls Orange	5 Vegetarian Lasagna Green Beans Sautéed Cinnamon Apples
8 Salisbury Steak W/ Gravy Mashed Potatoes Sautéed Spinach Fig Newton	9 Chicken Salad Sandwich Strawberry Spinach Salad Mixed Berries Whip Cream	10 Chefs Salad W/ Turkey & Ham , Cheese & Egg Breadsticks Melon	11 Spaghetti W Beef Green Beans Garlic Bread Pears	12 Chicken Burger Potato Salad Veggie Sticks Melon
15 BBQ Pork Baked Potato Broccoli W/ Parmesan Cheese Applesauce	16 Turkey A La King W/ Biscuit Waldorf Salad Animal Crackers	17 Chicken Fajita W/ Bell Peppers & Zucchini Rice Salsa, Sour Cream Tropical Fruit	18 Flank Steak New Potatoes Arugula & Long Green Beans	 <p>JUNETEENTH Celebrate Freedom JUNE 19</p>
22 Honey Dijon Chicken Potatoes Beets Peaches	23 Sweet & Sour Pork Vegetables Rice Fortune Cookie Ice Cream	24 Sesame Noodles W/ Chicken Fortune Cookie Orange	25 Beef & Pepper Steak Brussel Sprouts Pound Cake W Strawberries Whip Cream	26 Omelet Sausage Patty Hashbrowns Honey Dew Melon
29 Pasta Salad w/Peas Carrots ,Bacon Crumbles Hard Boiled Egg Mandarin Oranges Pudding	30 Sloppy Joe Sandwich Tomato ,Cucumber Feta & Onion Salad Yogurt Strawberries			 <p>Happy Father's Day!</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>Beef Sheppard's Pie Calories=670 Carb=85 Sodium=540</p>	<p>Pork Tenderloin Bake Calories=739 Carb=90 Sodium=620</p>	<p>Lime Fish Calories= 710 Carb=91 Sodium=450</p>	<p>Oven Fried Chicken Calories= 780 Carbs=74 Sodium=520</p>	<p>Vegetable Lasagna Calorie= 690 Carb=80 Sodium=790</p>
<p>Salisbury steak with Gravy Calories= 800 Carb=92 Sodium=710</p>	<p>Chicken Salad Sandwich Calories =710 Carb= 62 Sodium= 740</p>	<p>Chef Salad Calories=720 Carb= 56 Sodium=720</p>	<p>Spaghetti Calories=635 Carb=75 Sodium=520</p>	<p>Chicken Burger Cal=669 Carb= 80 Sodium= 755</p>
<p>BBQ Pork Potato Calories=700 Carb=85 Sodium=780</p>	<p>Turkey A La King Calories= 680 Carbs=101 Sodium= 470</p>	<p>Chicken Fajitas Calories =680 Carb=78 Sodium= 740</p>	<p>Flank Steak Calories= 580 Carb= 42 Sodium= 670</p>	
<p>Honey Dijon Chicken Calories=730 Carb=64 Sodium=480</p>	<p>Sweet & Sour Pork Calories=810 Carb=102 Sodium=610</p>	<p>Sesame Noodles W Chick- en Calories= 690 Carbs=90 Sodium= 570</p>	<p>Beef Pepper Steak Calories= 810 Carb=97 Sodium=760</p>	<p>Omelet Calories= 710 Carb=71 Sodium=740</p>
<p>Pasta Salad Calories=800 Carb=45 Sodium=640</p>	<p>Sloppy Joes Calories =660 Carbs=62 Sodium710</p>	