

JUNE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Catholic Community Services Serving Western Washington	SALAD BAR DAILY 11:30 AM			1
4	5	6	7	8
PORK CUTLET POTATOES & GRAVY STEAMED VEGETABLES WHEAT ROLL & APRICOTS CALORIES:660/CARB:76/SODIUM:490	CHICKEN ENCHILADA IN WHITE SAUCE TOMATO & CUCUMBER SALAD PEARS & ICE CREAM CALORIES:690/CARB:63/SODIUM:1100	BEEF MACARONI CORN & WHEAT ROLL MELON & CHOCOLATE PUDDING CALORIES:870/CARB:120/SODIUM:770	PORK BBQ RIBS SCALLOPED POTATOES BROCCOLI & WHEAT ROLL PEARS CALORIES:750/CARB:75/SODIUM:1100	IVAR'S CLAM CHOWDER SALAD & BREADSTICKS MIXED BERRIES & WHIPPED TOPPING CALORIES:680/CARB:90/SODIUM:1250
11	12	13	14	15
FLORENTINE FISH RED POTATOES ZUCCHINI IN STEWED TOMATOES ROLL & CHERRY CRISP CALORIES:810/CARB:101/SODIUM:760	SWEDISH MEATBALLS EGG NOODLES & MIXED VEGETABLES APRICOTS CALORIES:910/CARB:130/SODIUM:890	BLACK BEAN SOUP SPINACH SALAD & ROLL BAKED APPLE CALORIES:670/CARB:85/SODIUM:990	SPAGHETTI & MEATBALLS CORN & GARLIC BREAD PEARS CALORIES:680/CARB:68/SODIUM:1150	FATHER'S DAY LUNCH ALL BEEF HOT DOG BOSTON BAKED BEANS BABY CARROTS & POTATO CHIPS WATERMELON ROOT BEER FLOATS TICKET REQUIRED CALORIES:700/CARB:109/SODIUM:1020
18	19	20	21	22
GRILLED HAMBURGERS SWEET POTATO FRIES CLAREMONT SALAD APPLESAUCE CALORIES:850/CARB:93/SODIUM:750	BAKED CHICKEN & APPLE ZUCCHINI LINGUINI BROCCOLI & WHEAT ROLL APPLESAUCE CALORIES:650/CARB:92/SODIUM:360	SHEPHERD'S PIE GARDEN SALAD & ROLL FRUIT COCKTAIL CALORIES:740/CARB:89/SODIUM:550	BIRTHDAY & ANNIVERSARY LUNCH MEATLOAF MASHED POTATOES & CARROTS WHEAT ROLL & PEARS APPLE JUICE BIRTHDAY CAKE & ICE CREAM CALORIES:670/CARB:80/SODIUM:820	GRILLED TURKEY SANDWICH SALAD MANGO & YOGURT CALORIES:660/CARB:51/SODIUM:1250
25	26	27	28	29
CHICKEN, POTATO & PEA SALAD CARROTS & WHEAT ROLL FRUIT COCKTAIL CALORIES:960/CARB:129/SODIUM:780	SPLIT PEA SOUP MIXED VEGETABLES & ROLL STREUSEL CAKE & APPLE CALORIES:640/CARB:103/SODIUM:930	FISH BURGER SPINACH SALAD & BROCCOLI ORANGE WEDGE & PUDDING CALORIES:720/CARB:111/SODIUM:1200	CHICKEN CACCIATORE STEWED ZUCCHINI PEARS CALORIES:680/CARB:99/SODIUM:650	SWEET & SOUR PORK CHINESE CHICKEN SOUP WHITE RICE & MANDARIN ORANGE FORTUNE COOKIE CALORIES:690/CARB:114/SODIUM:670


JULY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CHICKEN PARMESAN ANGEL HAIR PASTA ITALIAN GREEN BEANS & BREADSTICK LEMON BAR & JUICE CALORIES:880/CARB:127/SODIUM:1110	3 BEEF TIPS BROWN RICE & SPINACH CORN BREAD APRICOTS CALORIES:750/CARB:101/SODIUM:1050	4 HAPPY 4TH OF JULY NO LUNCH CENTER CLOSED	5 LEMON PEPPER FISH ROMANO CHEESE POTATOES SPINACH & TROPICAL FRUIT PINEAPPLE-ORANGE JUICE CALORIES:670/CARB:96/SODIUM:860	6 CREAM OF MUSHROOM SOUP CHICKEN SALAD SANDWICH MANDARIN ORANGE APPLE CRISP CALORIES:710/CARB:84/SODIUM:460
9 BEEF LASAGNA GREEN BEANS & SALAD GARLIC BREAD PLUM & BROWNIE CALORIES:750/CARB:94/SODIUM:1150	10 SUMMER BBQ HAMBURGER STEAK FRIES & COLESLAW BAKED BEANS FRUIT MEDLEY ICE CREAM BAR NO TICKET REQUIRED CALORIES:910/CARB:90/SODIUM:940	11 HAM MACARONI BAKE KEY WEST VEGETABLES ROLL & ORANGE SLICES CALORIES:700/CARB:76/SODIUM:1020	12 BEEF BARLEY SOUP CAESAR SALAD & MELON GINGER SNAPS CALORIES:680/CARB:74/SODIUM:870	13 VOLUNTEER AWARDS BANQUET NO CCS LUNCH LOADED ALL AMERICAN BEEF HOT DOG MACARONI SALAD & CORN ON COB WATERMELON & APPLE PIE ALA MODE TICKET REQUIRED MUST BE A VOLUNTEER
16 BEEF TOSTADA HOMEMADE REFRIED BEANS MANDARIN ORANGES LEMON PUDDING CALORIES:670/CARB:88/SODIUM:1260	17 CHICKEN TERIYAKI RICE & ASIAN VEGETABLES PEARS FORTUNE COOKIE CALORIES:780/CARB:126/SODIUM:610	18 CRAB CAKES RED POTATOES MIXED VEGETABLES MIXED FRUIT & COOKIE CALORIES:710/CARB:114/SODIUM:460	19 BIRTHDAY & ANNIVERSARY LUNCH COUNTRY FRIED STEAK POTATOES PEAS & CARROTS WHOLE WHEAT ROLL & PEARS BIRTHDAY CAKE & ICE CREAM CALORIES:810/CARB:100/SODIUM:1040	20 PORK TENDERLOIN BAKE MASHED POTATOES BABY CARROTS & WHEAT ROLL KIWI & OATMEAL RAISIN COOKIE CALORIES:740/CARB:91/SODIUM:850
23 CHICKEN GUMBO SALAD & ROLL PEACHES CALORIES:960/CARB:129/SODIUM:780	24 CHICKEN MARGARITA EGG NOODLES SALAD & BREADSTICK APPLE CALORIES:710/CARB:84/SODIUM:1010	25 BEEF CHILI COLORADO SPANISH RICE BLACK BEAN SALSA & CHIPS MIXED FRUIT & ORANGE SHERBERT CALORIES:700/CARB:101/SODIUM:920	26 FISH TACO RICE & FLOUR TORTILLA BLACK BEAN SALSA & CHIPS TROPICAL FRUIT CALORIES:760/CARB:126/SODIUM:830	27 SPAGHETTI WITH BROCCOLI & CHICKEN PEA SALAD BREADSTICK BERRIES & WHIP TOPPING CALORIES:820/CARB:81/SODIUM:690
30 MEATLOAF MASHED POTATOES SLICED CARROTS WHEAT ROLL PEARS & APPLE JUICE CALORIES:720/CARB:102/SODIUM:1080	31 TOMATO SOUP TUNA SALAD SANDWICH GREEN SALAD MELON CALORIES:650/CARB:73/SODIUM:1190		SALAD BAR DAILY 11:30 AM	 Catholic Community Services Serving Western Washington

AUGUST 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Catholic Community Services Serving Western Washington	SALAD BAR DAILY 11:30 AM	1	2	3
		CHICKEN FAJITA SPANISH RICE WHOLE PINTO BEANS ICE CREAM & PEACHES CALORIES:700/CARB:103/SODIUM:1020	BBQ BEEF SANDWICH BAKED POTATO PEAS & CARROTS PEARS CALORIES:700/CARB:93/SODIUM:1210	DILL FISH PASTA SALAD SUGAR COOKIE MANDARIN ORANGE CALORIES:740/CARB:83/SODIUM:730
6	7	8	9	10
MINISTRONE SOUP EGG SALAD SANDWICH GREEN SALAD MIXED BERRIES CALORIES:790/CARB:104/SODIUM:710	TACO SALAD BANANA CHOCOLATE PUDDING APPLE JUICE CALORIES:750/CARB:104/SODIUM:1100	TUNA NOODLE CASSEROLE GREEN BEANS CARROT-RAISIN SALAD GARLIC BREAD CALORIES:820/CARB:110/SODIUM:1180	BEEF STEW GREEN SALAD & BISCUIT PEACHES ORANGE JUICE CALORIES:760/CARB:103/SODIUM:950	PORK CHOP MASHED POTATOES & GRAVY SPINACH & ROLL MANDARIN ORANGES CALORIES:710/CARB:76/SODIUM:540
13	14	15	16	17
CHINESE PEPPER STEAK BROWN RICE STIR FRIED VEGETABLES FORTUNE COOKIE KIWI & ICE CREAM CALORIES:670/CARB:107/SODIUM:610	BROCCOLI CHEESE SOUP TURKEY SANDWICH APPLE CRISP & WHIPPED TOPPING CALORIES:720/CARB:84/SODIUM:990	SUMMER BBQ KIELBASA POTATO SALAD ROLL & TROPICAL FRUIT ICE CREAM BAR NO TICKET REQUIRED CALORIES:710/CARB:81/SODIUM:1340	BIRTHDAY & ANNIVERSARY LUNCH SALMON FILET GREEN SALAD & WILD RICE BROCCOLI WHEAT ROLL & PEACHES BIRTHDAY CAKE & ICE CREAM CALORIES:640/CARB:74/SODIUM:650	HUNGARIAN GOULASH OVER FLAT NOODLES BROCCOLI STRAWBERRY SHORT CAKE CALORIES:740/CARB:78/SODIUM:960
20	21	22	23	24
SMOKED TURKEY WRAP MEDITERRANEAN PASTA SALAD MIXED BERRIES CALORIES:780/CARB:105/SODIUM:1190	FISH & CHIPS STEAK FRIES & COLESLAW BANANA & JELLO CUP CALORIES:880/CARB:127/SODIUM:1150	PINEAPPLE CHICKEN BROWN RICE & PEAS PINEAPPLE CHUNKS ROLL & FORTUNE COOKIE CALORIES:700/CARB:106/SODIUM:1040	BBQ CHICKEN MACARONI SALAD BABY CARROTS & ROLL APPLE SLICES CALORIES:750/CARB:84/SODIUM:570	PORK CARNITA RICE TOMATO & CUCUMBER SALAD MELON & VANILLA WAFERS CALORIES:620/CARB:101/SODIUM:920
27	28	29	30	31
ORANGE GLAZED FISH RICE PILAF & ASPARAGUS DINNER ROLL ORANGES CALORIES:780/CARB:124/SODIUM:700	VEGETABLE SOUP HAM CROISSANT APPLE CALORIES:750/CARB:93/SODIUM:1130	SWEET & SOUR MEATBALLS RICE & BROCCOLI PINEAPPLE CHUNKS JELLO CUP CALORIES:900/CARB:155/SODIUM:1090	CHICKEN BURGER POTATO SALAD CARROTS, CELERY & ZUCCHINI MELON CALORIES:840/CARB:81/SODIUM:1130	SWISS STEAK MASHED POTATOES & GRAVY TOMATOES & ZUCCHINI ROLL & CARROT CAKE CALORIES:840/CARB:97/SODIUM:910

SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 HAPPY LABOR DAY NO LUNCH CENTER CLOSED	4 MEATBALL SOUP CHICKEN SALAD ROLL & PLUM CALORIES:720/CARB:57/SODIUM:1070	5 GROUND PORK & RICE CASSEROLE BABY CARROTS WHEAT ROLL & KIWI CALORIES:760/CARB:92/SODIUM:800	6 BEEF STIR FRY RICE & ASIAN VEGETABLES FORTUNE COOKIE & PEACHES CALORIES:690/CARB:77/SODIUM:1010	7 BAKED COD SCALLOPED POTATOES BROCCOLI & ROLL CARROT RAISIN SALAD TROPICAL FRUIT CALORIES:770/CARB:106/SODIUM:960
10 CHEF SALAD BREADSTICKS PEACHES & APPLE JUICE ORANGE SHERBET CALORIES:690/CARB:85/SODIUM:1280	11 ROAST BEEF MASHED POTATOES ASPARAGUS & ROLL FRUIT SALAD CALORIES:690/CARB:89/SODIUM:1110	12 LIME FISH ZUCCHINI LINGUINI SALAD & BREADSTICK STRAWBERRY RHUBARB CRISP CALORIES:730/CARB:102/SODIUM:680	13 SUMMER BBQ ALL BEEF HOT DOG BOSTON BAKED BEANS BABY CARROTS & WATERMELON PINEAPPLE-ORANGE JUICE ICE CREAM BAR NO TICKET REQUIRED CALORIES:700/CARB:109/SODIUM:1020	14 LENTIL SOUP HAM SANDWICH CANTALOUPE CALORIES:640/CARB:94/SODIUM:1070
17 AMANDINE FISH WHITE POTATOES BROCCOLI & WHEAT ROLL CHOCOLATE PUDDING CALORIES:660/CARB:86/SODIUM:720	18 WILD RICE SOUP CHICKEN SANTA FE SALAD SALTINES BERRIES & WHIPPED TOPPING CALORIES:660/CARB:60/SODIUM:1150	19 CAJUN CHICKEN PASTA GREEN SALAD GARLIC BREADSTICKS MIXED CITRUS CALORIES:720/CARB:87/SODIUM:470	20 BIRTHDAY & ANNIVERSARY LUNCH SALISBURY STEAK MASHED POTATOES & GRAVY CARROTS & SPINACH SALAD FIG NEWTON & WHEAT ROLL BIRTHDAY CAKE & ICE CREAM CALORIES:810/CARB:115/SODIUM:1000	21 HAM SPIRAL NOODLES WINTER MIX VEGETABLES SOURDOUGH BREAD APRICOTS CHOCOLATE CHIP COOKIE CALORIES:660/CARB:94/SODIUM:1210
24 CHICKEN NOODLE SOUP HAM SANDWICH OYSTER CRACKERS STRAWBERRIES & WHIPPED TOPPING CALORIES:670/CARB:75/SODIUM:1160	25 TURKEY POT PIE MIXED VEGETABLES APRICOTS & WHEAT ROLL PINEAPPLE-ORANGE JUICE CALORIES:680/CARB:104/SODIUM:920	26 BBQ PORK SANDWICH GREEN BEANS & APPLESRAW OATMEAL RAISIN COOKIE APRICOT NECTAR CALORIES:900/CARB:106/SODIUM:1030	27 WELLNESS FAIR LUNCH CARROT AND CELERY STICKS CHICKEN SALAD ON A CROISSANT SPINACH SALAD W/ STRAWBERRIES SORBET TICKET REQUIRED	28 MACARONI & CHEESE BRUSSEL SPROUTS WHEAT ROLL FRUIT COCKTAIL & COOKIE CALORIES:850/CARB:110/SODIUM:740
			 Catholic Community Services Serving Western Washington	SALAD BAR DAILY 11:30 AM