


SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Catholic Community Services Serving Western Washington	SALAD BAR DAILY 11:30 AM			1
HAPPY LABOR DAY CENTER CLOSED	5 MACARONI & CHEESE BRUSSEL SPROUTS & WHEAT ROLL FRUIT COCKTAIL & COOKIE CALORIES:850/CARB:110/SODIUM:740	6 CHEF SALAD BREADSTICKS PEACHES & APPLE JUICE ORANGE SHERBERT CALORIES:690/CARB:85/SODIUM:1280	7 SALISBURY STEAK MASHED POTATOES & GRAVY CARROTS & SPINACH SALAD FIG NEWTON & WHEAT ROLL CALORIES:810/CARB:115/SODIUM:1000	8
11	12 BBQ PORK SANDWICH GREEN BEANS & APPLESRAW OATMEAL RAISIN COOKIE APRICOT NECTAR CALORIES:900/CARB:106/SODIUM:1030	13 CHICKEN FRIED RICE EGG ROLLS STIR FRIED VEGETABLES FORTUNE COOKIE & MANDARIN ORANGE CALORIES:670/CARB:85/SODIUM:970	14 SUMMER BBQ & GAMES BEEF HOT DOG BOSTON BAKED BEANS BABY CARROTS & POTATO CHIPS WATERMELON & ICE CREAM BAR PINEAPPLE ORANGE JUICE NO TICKET REQUIRED CALORIES:700/CARB:109/SODIUM:1020	15
18	19 TURKEY POT PIE MIXED VEGETABLE WHEAT ROLL APRICOTS PINEAPPLE-ORANGE JUICE CALORIES:680/CARB:104/SODIUM:920	20 BEEF STROGANOFF PEAS & CARROTS ROLL BANANA CALORIES:820/CARB:97/SODIUM:500	21 BIRTHDAY & ANNIVERSARY LUNCH VEGETABLE LASAGNA SALAD & GREEN BEANS FRENCH BREAD PEARS BIRTHDAY CAKE CALORIES:770/CARB:99/SODIUM:1030	22
25	26 LENTIL SOUP HAM SANDWICH CANTALOUPE CALORIES:640/CARB:94/SODIUM:1070	27 ROAST BEEF MASHED POTATOES ASPARAGUS & ROLL FRUIT SALAD CALORIES:690/CARB:89/SODIUM:1110	28 WELLNESS FAIR LUNCH MEATLOAF MASHED POTATOES GRAVY GREEN BEANS & CAESAR SALAD SORBET TICKET REQUIRED	29

OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<p>BAKED HAM MASHED POTATO GREEN BEANS & WHEAT ROLLS MELON & APPLE JUICE</p> <p>CALORIES:650/CARB:87/SODIUM:1320</p>	<p>GARBANZO BEAN SOUP MEATLOAF SANDWICH PEACHES</p> <p>CALORIES:680/CARB:82/SODIUM:1190</p>	<p>FISH BURGER SPINACH SALAD & BROCCOLI ORANGE WEDGE PUDDING</p> <p>CALORIES:720/CARB:111/SODIUM:1200</p>	<p>CHICKEN CACCIATORE STEWED ZUCCHINI PEARS</p> <p>CALORIES:680/CARB:99/SODIUM:650</p>	<p>GRILLED HAMBURGER SWEET POTATO FRIES CLAREMONT SALAD APPLESAUCE</p> <p>CALORIES:850/CARB:93/SODIUM:750</p>
9	10	11	12	13
<p>PORK CUTLETS POTATOES & GRAVY STEAMED VEGETABLES WHEAT ROLL APRICOTS</p> <p>CALORIES:660/CARB:76/SODIUM:490</p>	<p>CHICKEN ENCHILADA IN WHITE SAUCE TOMATO & CUCUMBER SALAD PEARS ICE CREAM</p> <p>CALORIES:690/CARB:63/SODIUM:1100</p>	<p>BEEF MACARONI CORN & WHEAT ROLL MELON CHOCOLATE PUDDING</p> <p>CALORIES:870/CARB:120/SODIUM:770</p>	<p>PHILLY CHEESESTEAK SALAD & GRAPES ORANGE JUICE</p> <p>CALORIES:670/CARB:80/SODIUM:820</p>	<p>IVAR'S CLAM CHOWDER SALAD & BREADSTICKS MIXED BERRIES & WHIPPED TOPPING</p> <p>CALORIES:680/CARB:90/ SODIUM:1080</p>
16	17	18	19	20
<p>SPLIT PEA SOUP WHEAT ROLL MIXED VEGETABLES STREUSEL CAKE & APPLE</p> <p>CALORIES:640/CARB:103/SODIUM:930</p>	<p>GRILLED TURKEY SANDWICH SALAD MANGO & YOGURT</p> <p>CALORIES:660/CARB:51/SODIUM:1250</p>	<p>BLACK BEAN SOUP SPINACH SALAD ROLL BAKED APPLE</p> <p>CALORIES:670/CARB:85/SODIUM:990</p>	<p>BIRTHDAY & ANNIVERSARY LUNCH SWEDISH MEATBALLS EGG NOODLES MIXED VEGETABLES APRICOTS BIRTHDAY CAKE</p> <p>CALORIES:910/CARB:130/SODIUM:890</p>	<p>CHICKEN & DUMPLING SALAD VEGETABLE BLEND TROPICAL FRUIT SALAD</p> <p>CALORIES:690/CARB:80/SODIUM:1080</p>
23	24	25	26	27
<p>SWEET & SOUR PORK CHINESE CHICKEN SOUP WHITE RICE MANDARIN ORANGES FORTUNE COOKIE</p> <p>CALORIES:690/CARB:114/SODIUM:670</p>	<p>BAKED CHICKEN & APPLE ZUCCHINI LINGUINI BROCCOLI & WHEAT ROLL APPLESAUCE</p> <p>CALORIES:650/CARB:92/SODIUM:360</p>	<p>SHEPHERD'S PIE GARDEN SALAD & ROLL FRUIT COCKTAIL</p> <p>CALORIES:740/ CARB:89/SODIUM:550</p>	<p>PORK BBQ RIBS SCALLOPED POTATOES BROCCOLI & WHEAT ROLL PEARS</p> <p>CALORIES:750/CARB:75/SODIUM:1100</p>	<p>VOLUNTEER AWARDS LUNCH NOT A CCS LUNCH POT ROAST MASHED POTATOES & GRAVY CARROTS & BISCUITS APPLE PIE A LA MODE TICKET REQUIRED MUST BE A VOLUNTEER</p>
30	31			
<p>CHICKEN, POTATO & PEA SALAD CARROTS & WHEAT ROLL FRUIT COCKTAIL LEMON BAR</p> <p>CALORIES:960/CARB:129/SODIUM:780</p>	<p>HALLOWEEN LUNCH & CELEBRATION SPAGHETTI & MEATBALLS CORN & GARLIC BREAD PEARS TICKET REQUIRED</p> <p>CALORIES:680/CARB:68/SODIUM:1150</p>		 <p>Catholic Community Services Serving Western Washington</p>	<p>SALAD BAR DAILY 11:30 AM</p>

DECEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Catholic Community Services Serving Western Washington	SALAD BAR DAILY 11:30 AM			1
4	5	6	7	8
KIELBASA ROASTED RED POTATOES STEAMED CABBAGE & ROLL TROPICAL FRUIT CALORIES:710/CARB:81/SODIUM:1340	PORK CHOP MASHED POTATOES & GRAVY SPINACH & ROLL MANDARIN ORANGES CALORIES:710/CARB:76/SODIUM:540	TUNA NOODLE CASSEROLE GREEN BEANS & GARLIC BREAD CARROT-RAISIN SALAD CALORIES:820/CARB:110/SODIUM:1180	BEEF STEW GREEN SALAD & BISCUIT PEACHES & ORANGE JUICE CALORIES:760/CARB:103/SODIUM:950	CHINESE PEPPER STEAK BROWN RICE STIR FRIED VEGETABLES KIWI & FORTUNE COOKIE ICE CREAM CALORIES:670/CARB:107/SODIUM:610
11	12	13	14	15
ORANGE GLAZED FISH RICE PILAF & ASPARAGUS DINNER ROLL & ORANGES CALORIES:780/CARB:124/SODIUM:700	SWISS STEAK MASHED POTATOES & GRAVY TOMATOES & ZUCCHINI ROLL & CARROT CAKE CALORIES:840/CARB:97/SODIUM:910	PINEAPPLE CHICKEN BROWN RICE & PEAS PINEAPPLE CHUNKS & ROLL FORTUNE COOKIE CALORIES:700/CARB:106/SODIUM:1040	BIRTHDAY & ANNIVERSARY LUNCH BBQ CHICKEN MACARONI SALAD BABY CARROTS & ROLL APPLE SLICES BIRTHDAY CAKE CALORIES:750/CARB:84/SODIUM:570	HUNGARIAN GOULASH OVER FLAT NOODLES BROCCOLI STRAWBERRY SHORT CAKE CALORIES:740/CARB:78/SODIUM:960
18	19	20	21	22
PORK CARNITA RICE TOMATO & CUCUMBER SALAD MELON & VANILLA WAFERS CALORIES:620/CARB:101/SODIUM:920	CHRISTMAS LUNCH & CELEBRATION 11AM & 1PM SEATINGS HAM AU GRATIN POTATOES GREEN BEANS & ROLL HOLIDAY DESSERT TICKET REQUIRED CALORIES: 690/CARB: 81/SODIUM: 1500	FISH & CHIPS STEAK FRIES & COLESLAW BANANA & JELLO CUP CALORIES:880/CARB:127/SODIUM:1150	TACO SALAD BANANA CHOCOLATE PUDDING APPLE JUICE CALORIES:750/CARB:104/SODIUM:1100	NO CCS LUNCH LUNCH PROVIDED BY SENIOR CENTER STAFF
25	26	27	28	29
MERRY CHRISTMAS CENTER CLOSED	VEGETABLE SOUP HAM CROSSANT APPLE CALORIES:750/CARB:93/SODIUM:1130	SALMON FILET GREEN SALAD & WILD RICE BROCCOLI & WHEAT ROLL PEACHES CALORIES:640/CARB:74/SODIUM:650	BBQ BEEF SANDWICH BAKED POTATO PEAS & CARROTS PEARS CALORIES:700/CARB:93/SODIUM:1210	NEW YEAR'S EVE LUNCH & CELEBRATION SWEET & SOUR MEATBALLS ASIAN VEGETABLES & WHITE RICE FORTUNE COOKIES & SORBET TICKET REQUIRED LUNCH AT COMMUNITY EVENT CENTER