

# DECEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Catholic Community Services Serving Western Washington	<b>SALAD BAR DAILY AT 11:30 AM</b>		1	2
5	6	7	8	9
<b>KIELBASA ROASTED RED POTATOES STEAMED CABBAGE ROLL TROPICAL FRUIT</b>	<b>PORK CHOP MASHED POTATOES &amp; GRAVY SPINACH ROLL MANDARIN ORANGES</b>	<b>TUNA NOODLE CASSEROLE GREEN BEANS GARLIC BREAD CARROT-RAISIN SALAD</b>	<b>BBQ BEEF SANDWICH BAKED POTATO PEAS &amp; CARROTS PEARS</b>	<b>VEGETABLE SOUP HAM CROISSANT APPLE</b>
12	13	14	15	16
<b>ORANGE GLAZED FISH RICE PILAF ASPARAGUS DINNER ROLL</b>	<b>SWISS STEAK MASHED POTATOES &amp; GRAVY TOMATOES &amp; ZUCCHINI ROLL CARROT CAKE</b>	<b>PINEAPPLE CHICKEN BROWN RICE PEAS PINEAPPLE CHUNKS ROLL FORTUNE COOKIE</b>	<b>FISH &amp; CHIPS STEAK FRIES COLESLAW BANANA &amp; JELLO CUP BIRTHDAY CAKE BIRTHDAY &amp; ANNIVERSARY LUNCHEON</b>	<b>HUNGARIAN GOULASH OVER FLAT NOODLES BROCCOLI STRAWBERRY SHORT CAKE</b>
19	20	21	22	23
<b>PORK CARNITA RICE TOMATO &amp; CUCUMBER SALAD MELON VANILLA WAFERS</b>	<b>DILL FISH PASTA SALAD SUGAR COOKIE MANDARIN ORANGE</b>	<b>SWEET &amp; SOUR MEATBALLS RICE BROCCOLI PINEAPPLE CHUNKS JELLO CUP</b>	<b>HAM AU GRATIN POTATOES MIXED VEGETABLES WHEAT ROLL PIE ALA MONDE CHRISTMAS LUNCHEON SEATING AT 11:00AM &amp; 1:00PM</b>	<b>SPAGHETTI GREEN SALAD BREADSTICKS DESSERT LUNCH BY SENIOR CENTER STAFF</b>
26	27	28	29	30
<b>CENTER CLOSED</b>	<b>27 BBQ CHICKEN MACARONI SALAD BABY CARROTS ROLL APPLE SLICES</b>	<b>28 SALMON FILET GREEN SALAD WILD RICE BROCCOLI WHEAT ROLL</b>	<b>29 CHICKEN FAJITA SPANISH RICE WHOLE PINTO BEANS ICE CREAM PEACHES</b>	<b>30 VEGETABLE LASAGNA BREAD STICKS GREEN SALAD CUPCAKES NEW YEAR'S EVE LUNCHEON AT COMMUNITY &amp; EVENT CENTER</b>

# JANUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>SENIOR CENTER CLOSED NEW YEAR'S DAY OBSERVANCE</b></p>	<p>3</p> <p><b>SALISBURY STEAK MASHED POTATOES &amp; GRAVY CARROTS SPINACH SALAD WHEAT ROLL &amp; FIG</b></p>	<p>4</p> <p><b>CHEF SALAD BREADSTICKS PEACHES APPLE JUICE ORANGE SHERBET</b></p>	<p>5</p> <p><b>LENTIL SOUP HAM SANDWICH CANTALOUPE</b></p>	<p>6</p> <p><b>BAKED COD SCALLOPED POTATOES CARROT RAISIN SALAD BROCCOLI TROPICAL FRUIT &amp; ROLL</b></p>
<p>9</p> <p><b>BBQ PORK SANDWICH GREEN BEANS APPLESLAW OATMEAL RAISIN COOKIE APRICOT NECTAR</b></p>	<p>10</p> <p><b>TURKEY POT PIE MIXED VEGETABLES APRICOTS WHEAT ROLL PINEAPPLE-ORANGE JUICE</b></p>	<p>11</p> <p><b>MEATBALL SOUP CHICKEN SALAD ROLL PLUM</b></p>	<p>12</p> <p><b>LIME FISH SALAD ZUCCHINI LINGUINI BREADSTICK STRAWBERRY RHUBARB CRISP</b></p>	<p>13</p> <p><b>MACARONI &amp; CHEESE BRUSSELS SPROUTS WHEAT ROLL FRUIT COCKTAIL COOKIE</b></p>
<p>16</p> <p><b>SENIOR CENTER CLOSED MARTIN LUTHER KING DAY</b></p>	<p>17</p> <p><b>HAM SPIRAL NOODLES WINTER MIX VEGETABLES SOURDOUGH BREAD APRICOTS CHOCOLATE CHIP</b></p>	<p>18</p> <p><b>WILD RICE SOUP CHICKEN SANTA FE SALAD SALTINES BERRIES &amp; WHIPPED TOPPING</b></p>	<p>19</p> <p><b>BIRTHDAY &amp; ANNIVERSARY LUNCH TACO BAKE CASSEROLE SEASONED CORN PINTO BEANS MELON BIRTHDAY CAKE</b></p>	<p>20</p> <p><b>CHICKEN FRIED RICE EGGROLLS STIR FRIED VEGETABLES FORTUNE COOKIE MANDARIN ORANGE</b></p>
<p>23</p> <p><b>BEEF STROGANOFF PEAS &amp; CARROTS ROLL BANANA</b></p>	<p>24</p> <p><b>GROUND PORK &amp; RICE CASSEROLE BABY CARROTS WHEAT ROLL KIWI</b></p>	<p>25</p> <p><b>AMANDINE FISH WHITE POTATOES BROCCOLI WHEAT ROLL CHOCOLATE PUDDING</b></p>	<p>26</p> <p><b>CHICKEN NOODLE SOUP HAM SANDWICH OYSTER CRACKERS STRAWBERRIES &amp; WHIPPED TOPPING</b></p>	<p>27</p> <p><b>BEEF STIR FRY RICE ASIAN VEGETABLES FORTUNE COOKIE PEACHES</b></p>
<p>30</p> <p><b>ROAST BEEF MASHED POTATOES ASPARAGUS ROLL FRUIT SALAD</b></p>	<p>31</p> <p><b>STUFFED BELL PEPPER SALAD WHOLE WHEAT ROLL PEACH CRISP</b></p>		 <p>Catholic Community Services Serving Western Washington</p>	<p><b>SALAD BAR DAILY AT 11:30 AM</b></p>

# FEBRUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Catholic Community Services Serving Western Washington	<b>SALAD BAR DAILY AT 11:30 AM</b>	1	2	3
		<b>BEEF MACARONI CORN WHEAT ROLL MELON CHOCOLATE PUDDING</b>	<b>CHICKEN, POTATO &amp; PEA SALAD CARROTS WHEAT ROLL FRUIT COCKTAIL &amp; LEMON BAR</b>	<b>IVAR'S CLAM CHOWDER SALAD BREAD STICKS MIXED BERRIES &amp; WHIPPED TOPPING</b>
6	7	8	9	10
<b>BAKED CHICKEN &amp; APPLE ZUCCHINI LINGUINI BROCCOLI WHEAT ROLL APPLESAUCE</b>	<b>BLACK BEAN SOUP SPINACH SALAD ROLL BAKED APPLE</b>	<b>SHEPHERD'S PIE GARDEN SALAD FRUIT COCKTAIL ROLL</b>	<b>BROCCOLI CHEESE FISH CORN CHOWDER SCANDINAVIAN VEGETABLES ROLL PLUMS</b>	<b>FISH BURGER SPINACH SALAD BROCCOLI ORANGE WEDGE PUDDING</b>
13	14	15	16	17
<b>GRILLED TURKEY SANDWICH SALAD MANGO &amp; YOGURT</b>	<b>VALENTINE'S DAY LUNCH SPAGHETTI &amp; MEATBALLS CORN GARLIC BREAD PEARS</b>	<b>PORK BBQ RIBS SCALLOPED POTATOES BROCCOLI WHEAT ROLL PEARS</b>	<b>BIRTHDAY &amp; ANNIVERSARY LUNCH SWEET &amp; SOUR PORK CHINESE CHICKEN SOUP WHITE RICE MANDARIN ORANGE FORTUNE COOKIE BIRTHDAY CAKE</b>	<b>CHICKEN &amp; DUMPLING SALAD VEGETABLE BLEND TROPICAL FRUIT SALAD</b>
20	21	22	23	24
<b>SENIOR CENTER CLOSED PRESIDENT'S DAY</b>	<b>PHILLY CHEESESTEAK SALAD GRAPES ORANGE JUICE</b>	<b>SWEDISH MEATBALLS EGG NOODLES MIXED VEGETABLES APRICOTS</b>	<b>CHICKEN CACCIATORE STEWED ZUCCHINI PEARS</b>	<b>FLORENTINE FISH RED POTATOES ZUCCHINI IN STEWED TOMATOES ROLL CHERRI CRISP</b>
27	28			
<b>PORK CUTLET POTATOES &amp; GRAVY STEAMED VEGETABLES WHEAT ROLL APRICOTS</b>	<b>CHICKEN ENCHILADA IN WHITE SAUCE TOMATO &amp; CUCUMBER SALAD PEARS ICE CREAM</b>			

# MARCH 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Catholic Community Services Serving Western Washington	<b>SALAD BAR DAILY AT 11:30 AM</b>	1	2	3
		<b>FISH TACO RICE FLOUR TORTILLA BLACK BEAN SALSA &amp; CHIPS TROPICAL FRUIT</b>	<b>OVEN FRIED CHICKEN MASHED POTATOES &amp; GRAVY BROCCOLI &amp; CAULIFLOWER WHEAT ROLL PEACHES</b>	<b>BEEF TIPS BROWN RICE SPINACH CORN BREAD APRICOTS</b>
6	7	8	9	10
<b>TOMATO SOUP TUNA SALAD SANDWICH GREEN SALAD MELON</b>	<b>BEEF TOSTADA HOMEMADE REFRIED BEANS MANDARIN ORANGES LEMON PUDDING</b>	<b>CHICKEN TERIYAKI RICE ASIAN VEGETABLES PEARS FORTUNE COOKIE</b>	<b>SPAGHETTI W/BROCCOLI &amp; CHICKEN PEA SALAD BREADSTICK BERRIES &amp; WHIP TOPPING</b>	<b>LEMON PEPPER FISH ROMANO CHEESE POTATOES SPINACH TROPICAL FRUIT PINEAPPLE-ORANGE JUICE</b>
13	14	15	16	17
<b>SLOPPY JOE TOMATO &amp; CUCUMBER SALAD GREEN PEAS APRICOTS BROWNIE</b>	<b>CHICKEN GUMBO SALAD ROLL PEACHES</b>	<b>COUNTRY FRIED STEAK POTATOES PEAS &amp; CARROTS WHOLE WHEAT ROLL PEARS</b>	<b>BIRTHDAY &amp; ANNIVERSARY LUNCH MEATLOAF MASHED POTATOES SLICED CARROTS WHEAT ROLL PEARS &amp; APPLE JUICE BIRTHDAY CAKE</b>	<b>ST. PATRICK'S DAY LUNCH CORN BEEF &amp; CABBAGE POTATOES &amp; CARROTS BISCUIT APPLE &amp; CINNAMON</b>
20	21	22	23	24
<b>SPANISH FISH RICE &amp; CORN MEXICAN COLESLAW ROLL OATMEAL COOKIE SHERBET</b>	<b>CREAM OF MUSHROOM SOUP CHICKEN SALAD SANDWICH MANDARIN ORANGES APPLE CRISP</b>	<b>BEEF LASAGNA GREEN BEANS SALAD GARLIC BREAD PLUM &amp; BROWNIE</b>	<b>PORK TENDERLOIN BAKE MASHED POTATOES BABY CARROTS WHEAT ROLL KIWI &amp; OATMEAL RAISIN COOKIE</b>	<b>CHICKEN PARMESAN ANGEL HAIR PASTA ITALIAN GREEN BEANS BREADSTICK LEMON BAR &amp; JUICE</b>
27	28	29	30	31
<b>CHICKEN MARGARITA EGG NOODLES SALAD BREADSTICKS APPLE</b>	<b>BEEF CHILI COLORADO SPANISH RICE BLACK BEAN SALSA &amp; CHIPS MIXED FRUIT ORANGE SHERBET</b>	<b>HAM MACARONI BAKE KEY WEST VEGETABLES ROLL ORANGE SLICES</b>	<b>BEEF BARLEY SOUP CAESAR SALAD MELON GINGER SNAPS</b>	<b>CRAB CAKES RED POTATOES MIXED VEGETABLES MIXED FRUIT</b>