


# MARCH 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Catholic Community Services Serving Western Washington</p>	<p><b>SALAD BAR DAILY 11:30 AM</b></p>		1	2
<p>MEATLOAF MASHED POTATOES &amp; CARROTS WHEAT ROLL &amp; PEARS APPLE JUICE CALORIES:720/CARB:102/SODIUM:1080</p>	<p>OVEN FRIED CHICKEN MASHED POTATOES &amp; GRAVY BROCCOLI &amp; CAULIFLOWER WHEAT ROLL &amp; PEACHES CALORIES:680/CARB:90/SODIUM:1060</p>	<p>BEEF BARLEY SOUP CAESAR SALAD MELON &amp; GINGER SNAPS CALORIES:680/CARB:74/SODIUM:870</p>	<p>CHICKEN TERIYAKI RICE &amp; ASIAN VEGETABLES PEARS &amp; FORTUNE COOKIES CALORIES:780/CARB:126/SODIUM:610</p>	<p>LEMON PEPPER FISH ROMANO CHEESE POTATOES SPINACH TROPICAL FRUIT PINEAPPLE-ORANGE JUICE CALORIES:670/CARB:96/SODIUM:860</p>
5	6	7	8	9
<p>CREAM OF MUSHROOM SOUP CHICKEN SALAD SANDWICH MANDARIN ORANGES APPLE CRISP CALORIES:710/CARB:84/SODIUM:460</p>	<p>BEEF CHILI COLORADO SPANISH RICE BLACK BEAN SALSA &amp; CHIPS CALORIES:700/CARB:104/SODIUM:920</p>	<p>CRAB CAKES RED POTATOES &amp; MIXED VEGETABLES MIXED FRUIT &amp; COOKIE CALORIES:710/CARB:114/SODIUM:460</p>	<p><b>BIRTHDAY &amp; ANNIVERSARY LUNCH</b> BEEF LASAGNA GREEN BEANS &amp; SALAD GARLIC BREAD BIRTHDAY CAKE &amp; ICE CREAM CALORIES:750/CARB:94/SODIUM:1150</p>	<p><b>ST. PATRICK'S DAY LUNCH</b> CORNEB BEEF &amp; CABBAGE POTATOES &amp; CARROTS BISCUITS APPLE CRISP <b>TICKET REQUIRED</b> CALORIES:700/CARB:85/SODIUM:1110</p>
12	13	14	15	16
<p><b>NO SALAD BAR</b> BEEF TIPS BROWN RICE &amp; SPINACH CORN BREAD APRICOTS CALORIES:750/CARB:101/SODIUM:1050</p>	<p><b>RUMMAGE SALE SET-UP</b> <b>NO SALAD BAR</b> CHICKEN BURGER POTATO SALAD CARROT &amp; CELERY STICKS CALORIES:840/CARB:81/SODIUM:1130</p>	<p><b>RUMMAGE SALE SET-UP</b> <b>NO SALAD BAR</b> ROAST BEEF SANDWICH CHIPS &amp; PEACHES ORANGE JUICE CALORIES:690/CARB:90/SODIUM:1200</p>	<p><b>RUMMAGE SALE SET-UP</b> <b>NO SALAD BAR</b> CHICKEN SANDWICH COLE SLAW &amp; COOKIE APPLE JUICE CALORIES:660/CARB:81/SODIUM:1230</p>	<p><b>RUMMAGE SALE SET-UP</b> <b>NO SALAD BAR</b> TUNA SANDWICH GRANOLA BAR &amp; ORANGE TOMATO JUICE CALORIES:680/CARB:88/SODIUM:1010</p>
19	20	21	22	23
<p>SLOPPY JOE TOMATO &amp; CUCUMBER SALAD GREEN PEAS APRICOTS &amp; BROWNIE CALORIES:850/CARB:113/SODIUM:1200</p>	<p>SPANISH FISH &amp; RICE MEXICAN COLESLAW CORN &amp; ROLL OATMEAL COOKIE &amp; SHERBET CALORIES:860/CARB:105/SODIUM:630</p>	<p>COUNTRY FRIED STEAK POTATOES PEAS &amp; CARROTS WHOLE WHEAT ROLL PEARS CALORIES:810/CARB:100/SODIUM:1040</p>	<p><b>EASTER LUNCH</b> HAM &amp; SCALLOPED POTATOES GREEN BEANS SALAD &amp; ROLL STRAWBERRY SHORTCAKE <b>TICKET REQUIRED</b> CALORIES:700/CARB:101/SODIUM:1500</p>	<p><b>GOOD FRIDAY</b> <b>NO CCS MEAL</b> <b>SENIOR CENTER WILL PROVIDE LUNCH</b> <b>NO SALAD BAR</b></p>
26	27	28	29	30

# APRIL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<p>SWEET &amp; SOUR MEATBALLS RICE &amp; BROCCOLI PINEAPPLE CHUNKS &amp; JELLO CUP CALORIES:900/CARB:155/SODIUM:1090</p>	<p>FISH &amp; CHIPS STEAK FRIES &amp; COLESLAW BANANA &amp; JELLO CUP CALORIES:880/CARB:127/SODIUM:1150</p>	<p>TACO SALAD BANANA &amp; CHOCOLATE PUDDING APPLE JUICE CALORIES:750/CARB:104/SODIUM:1100</p>	<p>PORK CARNITAS RICE, TOMATO &amp; CUCUMBER SALAD MELON &amp; VANILLA WAFERS CALORIES:620/CARB:101/SODIUM:920</p>	<p>BEEF POT ROAST RED POTATOES &amp; 5-WAY VEGGIE BLEND WHEAT ROLL &amp; LEMON BAR CALORIES:730/CARB:97/SODIUM:930</p>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p>CHICKEN STRIPS ROASTED RED POTATOES MIXED VEGETABLES BERRY PASTRY CALORIES:760/CARB:100/SODIUM:830</p>	<p>BEEF STEW GREEN SALAD &amp; BISCUIT PEACHES &amp; ORANGE JUICE CALORIES:760/CARB:103/SODIUM:950</p>	<p>NAVY BEAN SOUP HAM SANDWICH &amp; ORANGE ICE CREAM CALORIES:700/CARB:100/SODIUM: 980</p>	<p>TURKEY MEATLOAF BAKED POTATO &amp; BROCCOLI STRAWBERRY SHORTCAKE WITH WHIP TOPPING CALORIES:720/CARB:89/SODIUM:850</p>	<p>BROCCOLI CHEESE FISH CORN CHOWDER SCANDINAVIAN VEGETABLES ROLL &amp; PLUMS CALORIES:840/CARB:8/SODIUM:690</p>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<p>SMOKED TURKEY WRAP MEDITERRANEAN PASTA SALAD MIXED BERRIES CALORIES:780/CARB:105/SODIUM:1190</p>	<p>PORK CHOP MASHED POTATOES &amp; GRAVY SPINACH &amp; ROLL MANDARIN ORANGES CALORIES:710/CARB:76/SODIUM:540</p>	<p>PINEAPPLE CHICKEN BROWN RICE, PEAS &amp; ROLL PINEAPPLE CHUNKS FORTUNE COOKIE CALORIES:700/CARB:106/SODIUM:1040</p>	<p><b>BIRTHDAY &amp; ANNIVERSARY LUNCH</b> SWISS STEAK MASHED POTATOES &amp; GRAVY TOMATOES &amp; ZUCCHINI ROLL &amp; CARROT CAKE BIRTHDAY CAKE &amp; ICE CREAM CALORIES:840/CARB:97/SODIUM:910</p>	<p>BBQ BEEF SANDWICH BAKED POTATO, PEAS &amp; CARROTS PEARS CALORIES:700/CARB:93/SODIUM:1210</p>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p>CHINESE PEPPER STEAK BROWN RICE &amp; STIR FRIED VEGGIES KIWI &amp; FORTUNE COOKIE ICE CREAM CALORIES:670/CARB:107/SODIUM:610</p>	<p>KIELBASA ROASTED RED POTATOES STEAMED CABBAGE &amp; ROLL TROPICAL FRUIT CALORIES:710/CARB:81/SODIUM:1340</p>	<p>BBQ CHICKEN MACARONI SALAD &amp; BABY CARROTS ROLL &amp; APPLE SLICES CALORIES:750/CARB:84/SODIUM:570</p>	<p>ORANGE GLAZED FISH RICE PILAF &amp; ASPARAGUS DINNER ROLL &amp; ORANGES CALORIES:780/CARB:124/SODIUM:700</p>	<p>DILL FISH PASTA SALAD MANDARIN ORANGE &amp; SUGAR COOKIE CALORIES:740/CARB:83/SODIUM:730</p>
<b>30</b>				
<p>BROCCOLI CHEESE SOUP TURKEY SANDWICH APPLE CRISP &amp; WHIPPED TOPPING CALORIES:720/CARB:84/SODIUM:990</p>			 <p>Catholic Community Services Serving Western Washington</p>	<p><b>SALAD BAR DAILY 11:30 AM</b></p>



# JUNE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Catholic Community Services Serving Western Washington	<b>SALAD BAR DAILY 11:30 AM</b>			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	<b>FATHER'S DAY LUNCH</b> ALL BEEF HOT DOG BOSTON BAKED BEANS BABY CARROTS & POTATO CHIPS WATERMELON ROOT BEER FLOATS <b>TICKET REQUIRED</b> 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	<b>BIRTHDAY &amp; ANNIVERSARY LUNCH</b> 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