

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

JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HAPPY NEW YEAR CENTER CLOSED <p style="text-align: right;">1</p>	<p style="text-align: right;">2</p> <p style="text-align: center;">SALISBURY STEAK MASHED POTATOES & GRAVY CARROTS SPINACH SALAD FIG NEWTON & WHEAT ROLL CALORIES:810/CARB:115/SODIUM:1000</p>	<p style="text-align: right;">3</p> <p style="text-align: center;">TACO BAKE CASSEROLE SEASONED CORN PINTO BEANS MELON CALORIES:690/CARB:60/SODIUM:670</p>	<p style="text-align: right;">4</p> <p style="text-align: center;">HAM WITH SPIRAL NOODLES WINTER MIX VEGETABLES SOURDOUGH BREAD APRICOTS CHOCOLATE CHIP COOKIE CALORIES:660/CARB:94/SODIUM:1210</p>	<p style="text-align: right;">5</p> <p style="text-align: center;">LENTIL SOUP HAM SANDWICH CANTALOUPE CALORIES:640/CARB:94/SODIUM:1070</p>
<p style="text-align: right;">8</p> <p style="text-align: center;">WILD RICE SOUP CHICKEN SANTA FE SALAD SALTINES BERRIES & WHIPPED TOPPING CALORIES:660/CARB:60/SODIUM:1150</p>	<p style="text-align: right;">9</p> <p style="text-align: center;">BEEF STIR FRY RICE & ASIAN VEGETABLES FORTUNE COOKIES PEACHES CALORIES:690/CARB:77/SODIUM:1010</p>	<p style="text-align: right;">10</p> <p style="text-align: center;">LIME FISH ZUCCHINI LINGUINI SALAD & BREADSTICK STRAWBERRY RHUBARB CRISP CALORIES:730/CARB:102/SODIUM:680</p>	<p style="text-align: right;">11</p> <p style="text-align: center;">TURKEY POT PIE MIXED VEGETABLES APRICOTS & WHEAT ROLL PINEAPPLE-ORANGE JUICE CALORIES:680/CARB:104/SODIUM:920</p>	<p style="text-align: right;">12</p> <p style="text-align: center;">MEATBALL SOUP CHICKEN SALAD & ROLL PLUM CALORIES: 720/CARB: 57/SODIUM: 1070</p>
MARTIN LUTHER KING DAY CENTER CLOSED <p style="text-align: right;">15</p>	<p style="text-align: right;">16</p> <p style="text-align: center;">BBQ PORK SANDWICH GREEN BEANS & APPLESRAW OATMEAL RAISIN COOKIE APRICOT NECTAR CALORIES:900/CARB:106/SODIUM:1030</p>	<p style="text-align: right;">17</p> <p style="text-align: center;">BEEF STROGANOFF PEAS & CARROTS ROLL BANANA CALORIES:820/CARB:97/SODIUM:500</p>	<p style="text-align: right;">18</p> <p style="text-align: center;">BIRTHDAY & ANNIVERSARY LUNCH STUFFED BELL PEPPER SALAD & WHOLE WHEAT ROLL BIRTHDAY CAKE & ICE CREAM CALORIES:780/CARB:96/SODIUM:760</p>	<p style="text-align: right;">19</p> <p style="text-align: center;">CHICKEN FRIED RICE STIR FRIED VEGETABLES EGGROLLS & FORTUNE COOKIE MANDARIN ORANGE CALORIES:670/CARB:85/SODIUM:970</p>
<p style="text-align: right;">22</p> <p style="text-align: center;">AMANDINE FISH WHITE POTATOES & BROCCOLI WHEAT ROLL CHOCOLATE PUDDING CALORIES:660/CARB:86/SODIUM:720</p>	<p style="text-align: right;">23</p> <p style="text-align: center;">MACARONI & CHEESE BRUSSEL SPROUTS WHEAT ROLL FRUIT COCKTAIL & COOKIE CALORIES:850/CARB:110/SODIUM:740</p>	<p style="text-align: right;">24</p> <p style="text-align: center;">BAKED COD CARROT RAISIN SALAD SCALLOPED POTATOES & BROCCOLI TROPICAL FRUIT & ROLL CALORIES:770/CARB:106/SODIUM:960</p>	<p style="text-align: right;">25</p> <p style="text-align: center;">CHICKEN NOODLE SOUP HAM SANDWICH OYSTER CRACKERS STRAWBERRIES & WHIPPED TOPPING CALORIES:670/CARB:75/SODIUM:1160</p>	<p style="text-align: right;">26</p> <p style="text-align: center;">VEGETABLE LASAGNA SALAD & GREEN BEANS FRENCH BREAD & PEARS BROWNIES CALORIES:770/CARB:99/SODIUM:1030</p>
<p style="text-align: right;">29</p> <p style="text-align: center;">ROAST BEEF MASHED POTATOES ASPARAGUS & ROLL FRUIT SALAD CALORIES:690/CARB:89/SODIUM:1110</p>	<p style="text-align: right;">30</p> <p style="text-align: center;">CHEF SALAD BREADSTICKS & PEACHES APPLE JUICE ORANGE SHERBET CALORIES:690/CARB:85/SODIUM:1280</p>	<p style="text-align: right;">31</p> <p style="text-align: center;">CAJUN CHICKEN PASTA GREEN SALAD GARLIC BREADSTICK MIXED CITRUS CALORIES:720/CARB:87/SODIUM:470</p>	<div style="text-align: center;">  Catholic Community Services Serving Western Washington </div>	<p style="text-align: center;">SALAD BAR DAILY 11:30 AM</p>

FEBRUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Catholic Community Services Serving Western Washington</p>	<p>SALAD BAR DAILY 11:30 AM</p>		1	2
<p>PHILLY CHEESE STEAK SALAD GRAPES & ORANGE JUICE CALORIES:670/CARB:80/SODIUM:820</p>	<p>FLORENTINE FISH RED POTATOES ZUCCHINI IN STEWED TOMATOES ROLL & CHERRY CRISP CALORIES:810/CARB:101/SODIUM:760</p>	<p>SWEET & SOUR PORK CHINESE CHICKEN SOUP WHITE RICE MANDARIN ORANGE FORTUNE COOKIE CALORIES:690/CARB:114/SODIUM:670</p>	<p>PORK CUTLET POTATOES & GRAVY STEAMED VEGETABLES WHEAT ROLL & APRICOTS CALORIES:660/CARB:76/SODIUM:490</p>	<p>BLACK BEAN SOUP SPINACH SALAD ROLL BAKED APPLE CALORIES:670/CARB:85/SODIUM:990</p>
5	6	7	8	9
<p>SPLIT PEA SOUP WHEAT ROLL MIXED VEGETABLES STREUSEL CAKE & APPLE CALORIES:640/CARB:103/SODIUM:930</p>	<p>SHEPHERD'S PIE GARDEN SALAD & ROLL FRUIT COCKTAIL CALORIES:740/CARB:89/SODIUM:550</p>	<p>VALENTINE'S DAY LUNCH SPUMONI SPAGHETTI & MEATBALLS CORN & GARLIC BREAD PEARS TICKET REQUIRED CALORIES:680/CARB:68/SODIUM:1150</p>	<p>BIRTHDAY & ANNIVERSARY LUNCH IVAR'S CLAM CHOWDER SALAD & BREADSTICKS BIRTHDAY CAKE & ICE CREAM CALORIES:680/CARB:90/SODIUM:1250</p>	<p>BROCCOLI CHEESE FISH CORN CHOWDER SCANDINAVIAN VEGETABLES ROLL & PLUMS CALORIES:840/CARB:88/SODIUM:690</p>
12	13	14	15	16
<p>PRESIDENT'S DAY CENTER CLOSED</p>	<p>PORK BBQ RIBS SCALLOPED POTATOES BROCCOLI & WHEAT ROLL PEAR CALORIES:750/CARB:75/SODIUM:1100</p>	<p>BEEF MACARONI CORN & WHEAT ROLL MELON & CHOCOLATE PUDDING CALORIES:870/CARB:120/SODIUM:770</p>	<p>CHICKEN, POTATO & PEA SALAD CARROTS & WHEAT ROLL FRUIT COCKTAIL LEMON BAR CALORIES:960/CARB:129/SODIUM:780</p>	<p>FISH BURGER SPINACH SALAD & BROCCOLI ORANGE WEDGE PUDDING CALORIES:720/CARB:111/SODIUM:1200</p>
19	20	21	22	23
26	27	28		
<p>TERIYAKI SALMON BROWN RICE & STIR-FRY VEGETABLE GARDEN SALAD & FRUIT CALORIES:910/CARB:90/SODIUM:940</p>	<p>GRILLED TURKEY SANDWICH SALAD MANGO & YOGURT CALORIES:660/CARB:51/SODIUM:1250</p>	<p>SWEDISH MEATBALLS EGG NOODLE MIXED VEGETABLES APRICOTS CALORIES:910/CARB:130/SODIUM:890</p>		

MARCH 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Catholic Community Services Serving Western Washington</p>	<p>SALAD BAR DAILY 11:30 AM</p>		1	2
<p>MEATLOAF MASHED POTATOES & CARROTS WHEAT ROLL & PEARS APPLE JUICE CALORIES:720/CARB:102/SODIUM:1080</p>	<p>OVEN FRIED CHICKEN MASHED POTATOES & GRAVY BROCCOLI & CAULIFLOWER WHEAT ROLL & PEACHES CALORIES:680/CARB:90/SODIUM:1060</p>	<p>BEEF BARLEY SOUP CAESAR SALAD MELON & GINGER SNAPS CALORIES:680/CARB:74/SODIUM:870</p>	<p>CHICKEN TERIYAKI RICE & ASIAN VEGETABLES PEARS & 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>MEATLOAF MASHED POTATOES & CARROTS WHEAT ROLL & PEARS APPLE JUICE CALORIES:720/CARB:102/SODIUM:1080</p>	<p>OVEN FRIED CHICKEN MASHED POTATOES & GRAVY BROCCOLI & CAULIFLOWER WHEAT ROLL & PEACHES CALORIES:680/CARB:90/SODIUM:1060</p>	<p>BEEF BARLEY SOUP CAESAR SALAD MELON & GINGER SNAPS CALORIES:680/CARB:74/SODIUM:870</p>	<p>CHICKEN MARGARITA EGG NOODLES & SALAD BREADSTICK APPLE CALORIES:700/CARB:84/SODIUM:970</p>	<p>FISH TACO & RICE FLOUR TORTILLA BLACK BEAN SALSA & CHIPS TROPICAL FRUIT CALORIES:760/CARB:126/SODIUM:830</p>
12	13	14	15	16
<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 & CHIPS CALORIES:700/CARB:104/SODIUM:920</p>	<p>CRAB CAKES RED POTATOES & MIXED VEGETABLES MIXED FRUIT & COOKIE CALORIES:710/CARB:114/SODIUM:460</p>	<p>BIRTHDAY & ANNIVERSARY LUNCH BEEF LASAGNA GREEN BEANS & SALAD GARLIC BREAD BIRTHDAY CAKE & ICE CREAM CALORIES:750/CARB:94/SODIUM:1150</p>	<p>ST. PATRICK'S DAY LUNCH CORNED BEEF & CABBAGE POTATOES & CARROTS BISCUITS APPLE CRISP TICKET REQUIRED CALORIES:700/CARB:85/SODIUM:1110</p>
19	20	21	22	23
<p>NO SALAD BAR BEEF TIPS BROWN RICE & SPINACH CORN BREAD APRICOTS CALORIES:750/CARB:101/SODIUM:1050</p>	<p>RUMMAGE SALE SET-UP NO SALAD BAR CHICKEN BURGER POTATO SALAD CARROT & CELERY STICKS CALORIES:840/CARB:81/SODIUM:1130</p>	<p>RUMMAGE SALE SET-UP NO SALAD BAR ROAST BEEF SANDWICH CHIPS & PEACHES ORANGE JUICE CALORIES:690/CARB:90/SODIUM:1200</p>	<p>RUMMAGE SALE SET-UP NO SALAD BAR CHICKEN SANDWICH COLE SLAW & COOKIE APPLE JUICE CALORIES:660/CARB:81/SODIUM:1230</p>	<p>RUMMAGE SALE SET-UP NO SALAD BAR TUNA SANDWICH GRANOLA BAR & ORANGE TOMATO JUICE CALORIES:680/CARB:88/SODIUM:1010</p>
26	27	28	29	30
<p>SLOPPY JOE TOMATO & CUCUMBER SALAD GREEN PEAS APRICOTS & BROWNIE CALORIES:850/CARB:113/SODIUM:1200</p>	<p>SPANISH FISH & RICE MEXICAN COLESLAW CORN & ROLL OATMEAL COOKIE & SHERBET CALORIES:860/CARB:105/SODIUM:630</p>	<p>COUNTRY FRIED STEAK POTATOES PEAS & CARROTS WHOLE WHEAT ROLL PEARS CALORIES:810/CARB:100/SODIUM:1040</p>	<p>EASTER LUNCH HAM & SCALLOPED POTATOES GREEN BEANS SALAD & ROLL STRAWBERRY SHORTCAKE TICKET REQUIRED CALORIES:700/CARB:101/SODIUM:1500</p>	<p>GOOD FRIDAY NO CCS MEAL SENIOR CENTER WILL PROVIDE LUNCH NO SALAD BAR</p>