


MARCH 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
KITCHEN CONSTRUCTION ALL WEEK- COLD BOXED LUNCHES PROVIDED				
HAM SANDWICH POTATO CHIPS CARROT STICKS APPLE & FIG NEWTON	TURKEYSANDWICH BAKED CHIPS COOKIE & JELLO CUP	CHEFS SALAD BREADSTICK FRUIT	ROAST BEEF SANDWICH BBQ CHIPS PEACHES	TUNA SANDWICH GRANOLA BAR ORANGE
8	9	10	11	12
SWISS CHEESEBURGER LETTUCE & TOMATOES SWEET POTATO FRIES MIXED BERRIES CALORIES: 810/CARB:80/SODIUM:690	SHEPARD'S PIE VEGGIE FIG NEWTON CALORIES:670/CARBS:85/SODIUM:540	PORK TENDERLOIN BAKE SPINACH & BUTTERNUT SQUASH GRAPES OATMEAL COOKIES CALORIES:739/CARB:90/SODIUM:620	VEGETABLE LASAGNA GREEN BEANS SAUTEED CINNNAMON APPLES CALORIES:690/CARB:80/SODIUM:790	AMANDINE FISH BROCCOLI WHEAT ROLL ORANGE & LEMON BAR CALORIES:680/CARB:71/SODIUM:680
15	16	17	18	19
LIME FISH ZUCCHINI LINGUINE STRAWBERRY RHUBARB CALORIES:710/CARBS:91/SODIUM:450	SALISBURY STEAK WITH GRAVY MASHED POTATOES SAUTEED SPINACH FIG NEWTON CALORIES:800/CARB:92/SODIUM:710	ST. PATRICK'S DAY LUNCH SIGN-UP REQUIRED CORNER BEEF & CABBAGE POTATOES & CARROTS BISCUITS APPLES & CINNAMON CALORIES:700/CARB:85/SODIUM:1110	BEEF SPAGHETTI GREEN BEANS BREAD & PEARS CALORIES:760/CARB:75/SODIUM:660	PORK SOFT TACOS MEXICALI VEGGIES RICE SALSA & SOUR CREAM BANANA CALORIES:700/CARB:85/SODIUM:740
22	23	24	25	26
OMELET SAUSAGE PATTY HASH BROWNS HONEY DEW MELON APPLE JUICE CALORIES:710/CARB:71/SODIUM:740	CHICKEN FAJITAS WITH BELL PEPPERS & ZUCCHINI SALSA, GUACAMOLE & SOUR CREAM RICE PEACHES CALORIES:680/CARB:78/SODIUM:740	MACARONI & CHEESE BRUSSEL SPROUTS WHEAT ROLL STRAWBERRIES CALORIES:670/CARB:85/SODIUM:590	BEEF CHILI CON CARNE SAUTEED CARROTS SPINACH CORNBREAD PEARS CALORIES:790/CARB:79/SODIUM:790	SWEET & SOUR PORK VEGETABLES & RICE FORTUNE COOKIE PUDDING CALORIES:810/CARB:102/SODIUM:610
29	30	31	 Catholic Community Services Serving Western Washington	
BEEF & PEPPER STEAK BRUSSEL SPROUTS POUND CAKE WITH STRAWBERRIES CALORIES:810/CARB:97/SODIUM:760	HONEY DIJON CHICKEN POTATOES & BEETS PEACHES CALORIES:730/CARB:64/SODIUM:480	LEMON PEPPER BAKED COD POTATOES AU GRATIN PINEAPPLE UPSIDE DOWN CAKE CALORIES:690/CARB:94/SODIUM:590	THIS MENU IS SUBJECT TO CHANGE. CONSUMING MISHANDLED LEFTOVER FOOD MAY INCREASE YOUR RISK OF FOOD BORN ILLNESS	