



JULY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>LIME FISH ZUCCHINI PASTA SALAD & BREADSTICKS STRAWBERRY RHUBARB COMPOTE CALORIES:750/CARB:87/SODIUM:790</p>	<p>2</p> <p>BEEF STIR FRY RICE ORANGE & FORTUNE COOKIE CALORIES:690/CARB:87/SODIUM:781</p>	<p>3</p> <p>NEW COD WITH VEGETABLES BROWN RICE ORANGES GINGERSNAPS CALORIES:700/CARB:90/SODIUM:680</p>	<p>4</p> <p>HAPPY FOURTH OF JULY! CENTER CLOSED</p>	<p>5</p> <p>WILD RICE & CHICKEN SOUP EGG SALAD SANDWICH HONEYDEW MELON CALORIES:816/CARB:69/SODIUM:672</p>
<p>8</p> <p>CAJUN CHICKEN PASTA BREADSTICK SALAD & FRUIT SALAD CALORIES:800/CARB:76/SODIUM:510</p>	<p>9</p> <p>SUMMER BBQ CHEESEBURGER W/ BUN LETTUCE, TOMATO & ONION COLESLAW & STEAK FRIES HOMEMADE BAKED BEANS WATERMELON NO TICKET REQUIRED CALORIES:863/CARB:102/SODIUM:783</p>	<p>10</p> <p>CHICKEN POTATO PEA SALAD DINNER ROLL GRAPES ICE CREAM CALORIES:750/CARB:82/SODIUM:520</p>	<p>11</p> <p>PUMPKIN SOUP CHICKEN SALAD SANDWICH TOSSED SALAD APPLE CALORIES:824/CARB:72/SODIUM:742</p>	<p>12</p> <p>BBQ PORK OPEN FACE SANDWICH SWEET POTATO CARROT APPLE SALAD LEMON BAR CALORIES:550/CARB:87/SODIUM:770</p>
<p>15</p> <p>PORK SOFT TACOS MEXICALI VEGETABLES SOUR CREAM & SALSA RICE & BANANA CALORIES:800/CARB:111/SODIUM:540</p>	<p>16</p> <p>TURKEY CHEESE BURGER CONDIMENTS SWEET POTATO FRIES CABBAGE SALAD BERRIES WITH WHIP CREAM CALORIES:810/CARB:74/SODIUM:640</p>	<p>17</p> <p>ORZO SOUP CHICKEN BAKED RED POTATO SPINACH & RYE CRACKERS CALORIES:820/CARB:92/SODIUM:720</p>	<p>18</p> <p>BIRTHDAY & ANNIVERSARY LUNCH VEGETABLE LASAGNA SALAD & PEARS CHOCOLATE PUDDING BIRTHDAY CAKE & ICE CREAM CALORIES:690/CARB:88/SODIUM:800</p>	<p>19</p> <p>VOLUNTEER AWARDS BANQUET SALISBURY STEAK POTATOES WITH GRAVY CARROTS & SPINACH SALAD BROWNIES TICKET REQUIRED FOR VOLUNTEERS & GUEST ONLY CALORIES:689/CARB:77/SODIUM:780</p>
<p>22</p> <p>TURKEY NOODLE SOUP CHICKEN SALAD SANDWICH CARROT PINEAPPLE SALAD COOKIE CALORIES:851/CARB:90/SODIUM:755</p>	<p>23</p> <p>CHICKEN TOSTADA CHICKEN TORTILLA SOUP PLUM CRISP SOUR CREAM & SALSA CALORIES:730/CARB:108/SODIUM:600</p>	<p>24</p> <p>AMANDINE FISH BROCCOLI & ROLL ORANGE LEMON BAR CALORIES:710/CARB:97/SODIUM:750</p>	<p>25</p> <p>POTATO & BEEF CASSEROLE GREEN BEANS PEACHES PRUNES CALORIES:710/CARB:91/SODIUM:510</p>	<p>26</p> <p>MACARONI & CHEESE WHEAT ROLL GLAZED CARROTS MELON CALORIES:690/CARB:92/SODIUM:670</p>
<p>29</p> <p>CHICKEN TETRAZZINI SALAD SLICED FRENCH BREAD CALORIES:760/CARB:92/SODIUM:670</p>	<p>30</p> <p>CHEF SALAD BREADSTICKS & PEACHES APPLE JUICE ORANGE SHERBET CALORIES:710/CARB:80/SODIUM:750</p>	<p>31</p> <p>CHILI CON CARNE CORNBREAD & SALAD OATMEAL COOKIE WATERMELON CALORIES:790/CARB:88/SODIUM:780</p>	 Catholic Community Services Serving Western Washington	
<p>SALAD BAR DAILY 11:30 AM</p>				

AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Catholic Community Services Serving Western Washington	SALAD BAR DAILY 11:30 AM		1	2
			MEXICAN MEATLOAF MASHED POTATOES GREEN SALAD CANTALOUPE CALORIES:930/CARB:120/SODIUM:730	BBQ PORK ROLL COLESLAW & POTATO ORANGE CALORIES:640/CARB:90/SODIUM:690
5	6	7	8	9
LIME FISH PEAS & CARROTS GREEN SALAD & BREADSTICK STRAWBERRY-RHUBARB CRISP CALORIES:700/CARB:106/SODIUM:570	PORK LUAU RICE W/ SOY SAUCE COLESLAW TROPICAL FRUIT SALAD HAWAIIAN ROLL CALORIES:630/CARB:87/SODIUM:770	BEEF CHILI COLORADO BEANS & RICE BROCCOLI & CAULIFLOWER TORTILLA CHIPS CALORIES:740/CARB:86/SODIUM:600	CHICKEN FAJITA PINTO BEANS & MEXICAN RICE FLOUR TORTILLA PEACHES CALORIES: 790/CARB:122/SODIUM:620	VEGETABLE LASAGNA BROCCOLI BAKED APPLE CALORIES:690/CARB:75/SODIUM:700
12	13	14	15	16
CREAMY PORK TOMATO FETTUCINI RIVERIERA BLEND VEGETABLE MANGO & PINEAPPLE ROLL CALORIES:610/CARB:73/SODIUM:590	LEMON PEPPER TILAPIA POTATOES AU GRATIN SPINACH FRUIT COCKTAIL PINEAPPLE UPSIDE DOWN CAKE CALORIES:720/CARB:95/SODIUM:670	SUMMER BBQ HAMBURGER COLESLAW & STEAK FRIES BAKED BEANS & FRUIT MEDLEY NO TICKET REQUIRED CALORIES:910/CARB:90/SODIUM:940	BIRTHDAY & ANNIVERSARY LUNCH BEEF & PEPPER STEAK DICED RED POTATOES COOKED RHUBARB BIRTHDAY CAKE & ICE CREAM CALORIES:910/CARB:122/SODIUM:510	OVEN FRIED CHICKEN MASHED POTATOES & GRAVY BROCCOLI & ROLL DESSERT CALORIES:730/CARB:62/SODIUM:570
19	20	21	22	23
CHICKEN MARGARITA CREAMY NOODLES GREEN SALAD PEACHES CALORIES:680/CARB:99/SODIUM:780	FISH SANDWICH BAKED RED POTATO BROCCOLI & CAULIFLOWER ORANGE CALORIES:690/CARB:106/SODIUM:720	HAM MACARONI BAKE KEY WEST VEGETABLES ORANGE & ROLL CALORIES:690/CARB:83/SODIUM:740	PORK TENDERLOIN BAKE COLLARD GREENS & POTATOES GRAPES OATMEAL COOKIE CALORIES: 700/CARB:95/SODIUM:740	CREAM OF MUSHROOM SOUP CHICKEN SALAD SANDWICH BERRY CRISP & WHIPPED TOPPING CALORIES: 830/CARB:90/SODIUM:630
26	27	28	29	30
BEEF & BEAN BURRITO BROWN RICE & PINTO BEANS STRAWBERRIES & YOGURT CALORIES:820/CARB:127/SODIUM:750	SWEET & SOUR PORK CHINESE CHICKEN SOUP BROWN RICE MANDARIN ORANGE FORTUNE COOKIE CALORIES:690/CARB:114/SODIUM:670	BEEF BARLEY SOUP CRACKERS GREEN SALAD CANTALOUPE GINGER SNAP COOKIE CALORIES:690/CARB:74/SODIUM:680	SALSA FISH RICE WITH MEXICALI VEGETABLES WHITE CORN TORTILLA PEARS OATMEAL RAISIN COOKIE CALORIES:730/CARB:118/SODIUM:640	VEGETARIAN STUFFED PEPPERS CANTALOUPE LEMON BAR CALORIES:750/CARB:1074/SODIUM:770

SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">2</p> <p style="text-align: center;">HAPPY LABOR DAY! CENTER CLOSED</p>	<p style="text-align: right;">3</p> <p style="text-align: center;">CHICKEN CACCIATORE BAKED ZUCCHINI WHEAT ROLL PEARS CALORIES:690/CARB:87/SODIUM:740</p>	<p style="text-align: right;">4</p> <p style="text-align: center;">FLORENTINE FISH BAKED RED POTATOES CHERRY CRISP CALORIES:780/CARB:92/SODIUM:580</p>	<p style="text-align: right;">5</p> <p style="text-align: center;">BEEF AND BEAN BURRITO BROWN RICE & PINTO BEANS STRAWBERRIES & YOGURT CALORIES:820/CARB:127/SODIUM:750</p>	<p style="text-align: right;">6</p> <p style="text-align: center;">PORK CHOPS BAKED BEANS CUCUMBER TOMATO SALAD RICE PUDDING CALORIES: 730/CARB:178/SODIUM:750</p>
<p style="text-align: right;">9</p> <p style="text-align: center;">CHIPOTLE MEATBALLS RICE & BROCCOLI PEACHES CALORIES:770/CARB:93/SODIUM:800</p>	<p style="text-align: right;">10</p> <p style="text-align: center;">BAKED COD BROWN RICE GREEN SALAD ORANGE & OATMEAL COOKIE CALORIES:720/CARB:84/SODIUM:710</p>	<p style="text-align: right;">11</p> <p style="text-align: center;">STEAK RANCHERO BROWN RICE APPLESAUCE CALORIES:710/CARB:86/SODIUM:720</p>	<p style="text-align: right;">12</p> <p style="text-align: center;">SUMMER BBQ BBQ CHICKEN POTATO/ PASTA SALAD BAKED BEANS & TANGERINES NO TICKET REQUIRED CALORIES:610/CARB:83/SODIUM:780</p>	<p style="text-align: right;">13</p> <p style="text-align: center;">SPINACH PASTA BAKE CARROT & RAISIN SALAD BERRIES CALORIES: 640/CARB:85/SODIUM:560</p>
<p style="text-align: right;">16</p> <p style="text-align: center;">HUNGARIAN GOULASH BROCCOLI POUND CAKE STRAWBERRIES CALORIES:690/CARB:74/SODIUM:700</p>	<p style="text-align: right;">17</p> <p style="text-align: center;">CHICKEN & CHEESE SOFT TACO LETTUCE & TOMATO SPANISH RICE MANDARIN ORANGES CALORIES:690/CARB:106/SODIUM:500</p>	<p style="text-align: right;">18</p> <p style="text-align: center;">SPLIT PEA SOUP WHEAT ROLL BAKED SWEET POTATO STRAWBERRY RHUBARB CRISP CALORIES:700/CARB:110/SODIUM:720</p>	<p style="text-align: right;">19</p> <p style="text-align: center;">BIRTHDAY & ANNIVERSARY LUNCH SALMON FILET WILD RICE & WHEAT ROLL GREEN SALAD MANDARIN ORANGE CALORIES:720/CARB:85/SODIUM:700</p>	<p style="text-align: right;">20</p> <p style="text-align: center;">BEEF TIPS BROWN RICE & SPINACH CORNBREAD & HONEY MIXED BERRIES CALORIES:780/CARB:106/SODIUM:770</p>
<p style="text-align: right;">23</p> <p style="text-align: center;">BROCCOLI CHEESE SOUP TURKEY SANDWICH LETTUCE & TOMATO APPLE CRISP CALORIES:690/CARB:74/SODIUM:760</p>	<p style="text-align: right;">24</p> <p style="text-align: center;">PHILLY CHEESE STEAK GREEN SALAD GRAPES CALORIES:680/CARB:70/SODIUM:680</p>	<p style="text-align: right;">25</p> <p style="text-align: center;">BAJA CHICKEN CILANTRO RICE MIXED VEGGIES BANANA CALORIES:750/CARB:89/SODIUM:360</p>	<p style="text-align: right;">26</p> <p style="text-align: center;">WELLNESS FAIR TICKET REQUIRED BBQ HAMBURGER ON WHOLE WHEAT BUN FRUIT KABOB COLESLAW CHIPS ROOT BEER FLOATS</p>	<p style="text-align: right;">27</p> <p style="text-align: center;">BEEF MACARONI BROCCOLI CANTALOUPE WHEAT ROLL CALORIES:700/CARB:71/SODIUM:720</p>
<p style="text-align: right;">30</p> <p style="text-align: center;">FISH & CHIPS COLESLAW CHOCOLATE PUDDING CALORIES:770/CARB:93/SODIUM:720</p>			 Catholic Community Services Serving Western Washington	<p style="font-size: 24pt; margin: 0;">SALAD BAR</p> <p style="font-size: 24pt; margin: 0;">DAILY</p> <p style="font-size: 24pt; margin: 0;">11:30 AM</p>