



# NOVEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Catholic Community Services Serving Western Washington	<b>SALAD BAR DAILY 11:30 AM</b>			<b>1</b>
				BBQ PORK ROLL COLESLAW & POTATO ORANGE CALORIES:640/CARB:90/SODIUM:690
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
BEEF BARLEY SOUP CRACKERS & GREEN SALAD CANTALOUPE GINGER SNAP COOKIE CALORIES:7690/CARB:74/SODIUM:680	<b>VETERAN'S LUNCH</b> OVEN FRIED CHICKEN MASHED POTATOES & GRAVY BROCCOLI & ROLL SPECIAL DESSERT <b>TICKET REQUIRED</b> CALORIES:816/CARB:82/SODIUM:573	BEEF & PEPPER STEAK DICED RED POTATOES COOKED RHUBARB CALORIES:910/CARB:122/SODIUM:510	HAM MACARONI BAKE KEY WEST VEGETABLE ORANGE & ROLL CALORIES:690/CARB:83/SODIUM:740	SWEET & SOUR PORK CHINESE CHICKEN SOUP BROWN RICE MANDARIN ORANGE FORTUNE COOKIE CALORIES:674/CARB:82/SODIUM:548
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>HAPPY VETERAN'S DAY CENTER CLOSED</b>	BEEF CHILI COLORADO BEANS & RICE BROCCOLI & CAULIFLOWER TORTILLA CHIPS CALORIES:740/CARB:86/SODIUM:600	VEGETABLE LASAGNA BROCCOLI BAKED APPLE CALORIES:690/CARB:75/SODIUM:700	PORK TENDERLOIN BAKE COLLARD GREENS & POTATO GRAPES OATMEAL COOKIE CALORIES: 700/CARB:95/SODIUM:740	LEMON PEPPER TILAPIA POTATOES AU GRATIN SPINACH & FRUIT COCKTAIL PINEAPPLE UPSIDE CAKE CALORIES:720/CARB:95/SODIUM:675
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
PORK LUAU RICE W/ SOY SAUCE COLESLAW TROPICAL FRUIT SALAD HAWAIIAN ROLL CALORIES:630/CARB:87/SODIUM:770	FISH SANDWICH BAKED RED POTATO BROCCOLI & CAULIFLOWER ORANGE CALORIES:690/CARB:106/SODIUM:720	CHICKEN FAJITA PINTO BEANS & MEXICAN RICE FLOUR TORTILLA PEACHES CALORIES: 790/CARB:122/SODIUM:620	<b>BIRTHDAY &amp; ANNIVERSARY LUNCH</b> VEGETABLE COBB SALAD BREADSTICK PEACHES BIRTHDAY CAKE & ICE CREAM CALORIES:705/CARB:59/SODIUM:722	CREAM OF MUSHROOM SOUP CHICKEN SALAD SANDWICH BERRY CRISP & WHIPPED TOPPING CALORIES: 830/CARB:90/SODIUM:630
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
CHICKEN MARGARITA CREAMY NOODLES GREEN SALAD PEACH COBBLER CALORIES:680/CARB:99/SODIUM:780	<b>THANKSGIVING LUNCH</b> 11AM & 1PM SEATINGS ROAST TURKEY MASHED POTATOES & GRAVY STUFFING & GREEN BEANS ROLL & CRANBERRY SAUCE PUMPKIN PIE & WHIPPED TOPPING <b>TICKET REQUIRED</b> CALORIES:690/CARB:74/SODIUM:680	BEEF & BEAN BURRITO BROWN RICE & PINTO BEANS STRAWBERRIES & YOGURT CALORIES:820/CARB:127/SODIUM:750	<b>HAPPY THANKSGIVING CENTER CLOSED</b>	<b>HAPPY THANKSGIVING CENTER CLOSED</b>

# DECEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<p>BEEF AND BEAN BURRITO BROWN RICE &amp; PINTO BEANS STRAWBERRIES &amp; YOGURT CALORIES:820/CARB:127/SODIUM:750</p>	<p>BROCCOLI CHEESE SOUP TURKEY SANDWICH LETTUCE &amp; TOMATO APPLE CRISP CALORIES:690/CARB:74/SODIUM:760</p>	<p>PHILLY CHEESE STEAK GREEN SALAD GRAPES CALORIES:680/CARB:70/SODIUM:680</p>	<p>SALMON FILET WILD RICE &amp; GREEN SALAD MANDARIN ORANGES WHEAT ROLL CALORIES:720/CARB:85/SODIUM:700</p>	<p>PORK CHOPS BAKED BEANS CUCUMBER TOMATO SALAD RICE PUDDING CALORIES: 730/CARB:178/SODIUM:750</p>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p>BEEF TIPS BROWN RICE &amp; SPINACH CORNBREAD &amp; HONEY MIXED BERRIES CALORIES:780/CARB:106/SODIUM:770</p>	<p>VEGETABLE SOUP ½ HAM &amp; CHEESE SANDWICH APPLE CALORIES:730/CARB:123/SODIUM:730</p>	<p>FISH &amp; CHIPS COLESLAW CHOCOLATE PUDDING CALORIES:770/CARB:93/SODIUM:720</p>	<p><b>BIRTHDAY &amp; ANNIVERSARY LUNCH</b> BEEF MACARONI BROCCOLI CANTALOUPE WHEAT ROLL BIRTHDAY CAKE &amp; ICE CREAM CALORIES:700/CARB:71/SODIUM:720</p>	<p>SPINACH PASTA BAKE CARROT &amp; RAISIN SALAD BERRIES CALORIES: 640/CARB:85/SODIUM:560</p>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<p>HUNGARIAN GOULASH BROCCOLI POUND CAKE STRAWBERRIES CALORIES:690/CARB:74/SODIUM:700</p>	<p><b>HOLIDAY LUNCH</b> HAM MASHED POTATOES &amp; GRAVY GREEN BEANS HAWAIIAN ROLL APPLE PIE &amp; ICE CREAM <b>TICKET REQUIRED</b></p>	<p>BBQ CHICKEN POTATO/ PASTA SALAD BAKED BEANS &amp; TANGERINES CALORIES:710/CARB:86/SODIUM:720</p>	<p>STEAK RANCHERO BROWN RICE APPLESAUCE CALORIES:610/CARB:83/SODIUM:780</p>	<p>SPLIT PEA SOUP HALF SANDWICH STRAWBERRY RHUBARB CRISP CALORIES:700/CARB:110/SODIUM:720</p>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p>BAKED COD BROWN RICE GREEN SALAD ORANGE &amp; OATMEAL COOKIE CALORIES:720/CARB:84/SODIUM:710</p>	<p>BAJA CHICKEN CILANTRO RICE MIXED VEGGIES BANANA CALORIES:750/CARB:89/SODIUM:360</p>	<p><b>MERRY CHRISTMAS CENTER CLOSED</b></p>	<p><b>NO CCS LUNCH PROGRAM TODAY LUNCH PROVIDED BY SENIOR CENTER</b></p>	<p>CHICKEN CACCIATORE BAKED ZUCCHINI WHEAT ROLL PEARS CALORIES:690/CARB:87/SODIUM:740</p>
<b>30</b>	<b>31</b>			
<p>VEGETARIAN STUFFED PEPPERS CANTALOUPE LEMON BAR CALORIES:755/CARB:107/SODIUM:767</p>	<p>CHICKEN &amp; CHEESE SOFT TACO LETTUCE &amp; TOMATO SPANISH RICE MANDARIN ORANGES CALORIES:690/CARB:106/SODIUM:500</p>		 <p>Catholic Community Services Serving Western Washington</p>	<p><b>SALAD BAR DAILY 11:30 AM</b></p>