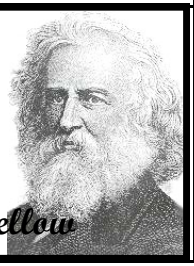
Catholic Community Services Senior Nutrition Program December 2018

Mon	Tue	Wed	Thu	Fri
3 **Split Pea Soup** Wheat Roll Baked Sweet Potato Strawberry Rhubarb Crisp	**4** **Beef and Bean Burrito** Brown Rice Pinto Beans Strawberries & Yogurt	5 **Philly Cheese Steak** Green Salad Grapes	**6** **Beef Fajitas** Rice Pinto Beans Melon	**7**
10 **Vegetable Soup** Apple Peanut Butter Raisin Salad Carrot Cake	**11** **Chicken Cacciatore** Baked Zucchini Wheat Rolls Pears	**12** **Florentine Fish** Baked Red Potato Cherry Crisp	**13** **Pork Soft Taco** Spanish Rice Mexicali Vegetables Orange	**14**
17 **Hungarian Goulash** Broccoli Pound Cake Strawberries	**18** **BBQ Chicken** Potato/Pasta Salad Baked Beans Tangerines	**19** **HOLIDAY LUNCH** **Roast Turkey** Sweet Potatoes Cranberry Sauce Spinach & Wheat Roll Mashed Potatoes	**20** **Steak Ranchero** Refried Beans Red Rice Corn Tortilla Applesauce	**21**
24 **HOLIDAY CLOSURE** 	**25** **HOLIDAY CLOSURE** 	**26** **Beef Macaroni** Broccoli Cantaloupe Wheat Roll	**27** **Pork Soft Taco** Spanish Rice Mexicali Vegetables Orange	**28**
31 NEW YEAR'S EVE DANCE **Pork Carnitas** Tomato & Cucumber Salad Banana	*"I heard the bells on Christmas Day* *Their old, familiar carols play,* *And wild and sweet* *The words repeat* *Of peace on earth, good-will to men!"* ~ *Henry Wadsworth Longfellow*			Menu 3 19 Serving Days Catholic COMMUNITY Services OF WESTERN WASHINGTON

December 2018

Catholic Community Services
Senior Nutrition Program
5705 Main Street SW
Lakewood WA 98499
For Reservations At Any of Our
Meal Sites, Please Call
253-474-1200

KING COUNTY MEAL SITES

Name		Location
Auburn	M - F	808 9th St SE, Auburn
Bellevue	M,Tu,W,F	4063 148th Ave NE, Bellevue
Black Diamond	Tu & Th	31605 3rd Ave, Black Diamond
Des Moines	M - Th	2045 S 216th St, Des Moines
Enumclaw	M - F	1350 Cole St, Enumclaw
Federal Way	F	876 S 333rd St, Federal Way
Issaquah	Tu & F	75 NE Creek Way, Issaquah
Kirkland	M,Tu,W,F	352 Kirkland Ave, Kirkland
Pacific	Tu - F	133 3rd Ave SE, Pacific
Redmond	M - F	8703 160th Ave NE, Redmond
Seatac	Tu - F	13735 24th Ave S, Seatac
Tukwila	Tu	12424 42nd Ave S, Seattle

CCS Meal Sites Are Open 9am to 1:30. Lunch Is Served At Noon

PIERCE COUNTY MEAL SITES

Name		Location
African American	Th	1323 S. Yakima, Tacoma
Beacon	M - F	415 S.13th St., Tacoma
Buckley	M,W,F	811 Main St., Buckley
Eatonville	M,W,F	305 West Center St.
Fife	W & F	2111 54th Ave East, Fife
Gig Harbor	M & W	8502 Skansie Ave, G.H.
Japanese	W	14916 SW Washington, Tillicum
Lakewood	M & W	5705 Main St. S.W. Lakewood
Lighthouse	M - F	5016 S. A St., Tacoma
Parkland	M & F	12115 Park Ave. S., Parkland
Portland	Tu & Th	3513 E. Portland Ave.
Puyallup	M,W,F	210 West Pioneer, Puyallup
Ruston	Tu - F	4716 N. Baltimore, Ruston
Steilacoom	Tu,W,F	2301 Worthington, Steilacoom
Sumner	M - F	15506 62nd St. East, Sumner
Tillicum	M & Th	14916 SW Washington, Tillicum
University Place	F	2534 Grandview Dr. W., U. P.

Senior Nutrition Program December 2018

Catholic Community Services of Western Washington

Mon	Tue	Wed	Thu	Fri
Baja Chicken **Calories = 750** **Carb = 89** **Sodium 360**	**Split Pea Soup** **Calories = 700** **Carb = 110** **Sodium = 720**	**Philly Steak Sandwich** **Calories = 680** **Carb = 70** **Sodium = 680**	**Salmon Filet** **Calories = 720** **Carb = 85** **Sodium = 700**	**Pork Chops** **Calories = 730** **Carb = 178** **Sodium = 750**
Pork And Beans **Calories = 710** **Carb = 89** **Sodium = 720**	**Chicken Cacciatore** **Calories = 690** **Carb = 87** **Sodium = 740**	**Florentine Fish** **Calories = 780** **Carb = 92** **Sodium = 580**	Beef and Bean Burrito **Calories = 820** **Carb = 127** **Sodium = 750**	**Vegetable Soup** **Calories 730** **Carb = 123** **Sodium = 730**
Hungarian Goulash **Calories = 690** **Carb = 74** **Sodium = 700**	**Fish** **Calories =720** **Carb = 84** **Sodium = 710**	**BBQ Chicken** **Calories =710** **Carb = 86** **Sodium = 720**	**Steak Ranchero** **Calories =610** **Carb =83** **Sodium = 780**	**Spinach Pasta Bake** **Calories = 640** **Carb = 85** **Sodium = 560**
Roast Turkey **Calories 850** **Carbs 128** **Sodium 680**	**HOLIDAY**	**Holiday**	**Pork Carnitas** **Calories = 700** **Carb = 91** **Sodium = 740**	**Beef Macaroni** **Calories = 700** **Carb = 71** **Sodium = 720**
Fish and Chips **Calories = 770** **Carb =93** **Sodium = 720**				