

CCS Senior Nutrition Program

May 2019



Mon

Tue

Wed

Thu

Fri

		1 Bbq Pork Roll Coleslaw Potato Orange	2 Beef and Bean Burrito Brown Rice Pinto Beans Strawberries & Yogurt	3
6 Vegetable Lasagna Broccoli Baked Apple	7 Pork Luau Rice w/Soy sauce Coleslaw Tropical Fruit Salad Hawaiian Roll	8 Cream of Mushroom Soup Chicken Salad Sandwich Berry Crisp Whipped topping	9 Oven Fried Chicken Potatoes & Gravy Broccoli Roll Orange	10
13 MOTHER'S DAY LUNCH Shrimp Scampi Spinach Salad Veggies Roll Dessert	14 Lemon Pepper Tilapia Potatoes Au Gratin Spinach Fruit Cocktail Pineapple Upside Cake	15 Vegetable Cobb Salad Breadstick Peaches	16 Beef Chili Colorado Beans and Rice Broccoli & Cauliflower Tortilla Chips Ice Cream	17
20 Beef Barley Soup Crackers Green Salad Cantaloupe Ginger Snap Cookie	21 Fish Sandwich Baked Red Potato Broccoli & Cauliflower Orange	22 Pork Tenderloin Bake Collard Greens Potato Grapes Oatmeal Raisin Cookie	23 Ham Macaroni Bake Key West Vegetable Roll Apple	24
 CLOSED	28 Vegetarian Stuffed Peppers Cantaloupe Lemon Bar	29 Chicken Margarita Creamy Noodles Green Salad Peaches	30 Salsa Fish Rice w/ Mexicali Veggies White Corn Tortilla Pear Ice Cream	31

Catholic
Community
Services
Nutrition Services
5705 Main Street SW
Lakewood WA 98499
253-474-1200



CCS Lunch meal sites are open
9am to 1:30pm
Lunch is served at noon

Do You Know Your Fruits From Your Vegetables?

Nutritionally speaking, fruits and vegetables are similar. Compared with animal products, they're generally lower in calories and fat, but are higher in fiber. Fruits and vegetables also contain healthy plant compounds such as antioxidants, vitamins and minerals. One serving (half a cup) of most fruits has a bit more calories than one serving of vegetables. Exceptions would be dense, starchy vegetables such as potatoes or beets.



According to botanists (those who study plants) a fruit is the part of the plant that develops from a flower. It's also the section of the plant that contains the seeds. The other parts of plants are considered vegetables. These include the stems, leaves and roots — and even the flower bud. The following are technically fruits: avocado, beans, peapods, corn kernels, cucumbers, grains, nuts, olives, peppers, pumpkin, squash, sunflower seeds and tomatoes. Vegetables include celery (stem), lettuce (leaves), cauliflower and broccoli (buds), and beets, carrots and potatoes (roots).



KING COUNTY LOCATIONS


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

PIERCE COUNTY LOCATIONS

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.

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		Beef and Bean Burrito Calories = 820 Carb = 127 Sodium = 750	Mexican Meatloaf Calories= 930 Carb=120 Sodium=730	BBQ Pork Roll Calories = 640 Carb = 90 Sodium = 690
Lime Fish Calories = 700 Carb = 106 Sodium = 570	Pork Luau Calories = 630 Carb = 87 Sodium = 770	Beef and Pepper Steak Calories = 910 Carb = 122 Sodium = 510	Corn Chowder Calories = 750 Carb = 103 Sodium = 620	Vegetable Lasagna Calories = 690 Carb = 75 Sodium = 700
Creamy Pork Tomato Fettucine Calories= 610 Carb=73 Sodium= 590	Lemon Pepper Tilapia Calories = 720 Carb = 95 Sodium = 670	Vegetable Cobb Salad Calories = 700 Carb = 59 Sodium = 720	Beef Chili Colorado Calories = 740 Carb = 86 Sodium = 600	Oven Fried Chicken Calories = 730 Carb = 62 Sodium = 570
Chicken Margarita Calories = 680 Carb = 99 Sodium = 780	Fish Sandwich Calories =690 Carb=106 Sodium =720	Ham Macaroni Bake Calories = 690 Carb = 83 Sodium = 740	Pork Tenderloin Calories = 700 Carb = 95 Sodium = 740	Cream of Mushroom Soup Calories = 830 Carb = 90 Sodium = 630
Holiday	Sweet & Sour Pork Calories = 690 Carb = 114 Sodium = 670	Beef Barley Soup Calories = 690 Carb = 74 Sodium = 680	Salsa Fish Calories =730 Carb = 118 Sodium = 640	Vegetarian Stuffed Peppers Calories = 750 Carb = 1074 Sodium = 770