




March



Senior Nutrition Program



2017

Mon	Tue	Wed	Thu	Fri
Menu 2 23 Serving Days 		1 Fish Taco Rice Flour Tortilla Black Bean Salsa & Chips Tropical Fruit	2 Oven Fried Chicken Mashed Potatoes & Gravy Broccoli & Cauliflower Wheat Roll Peaches	3 Beef Tips Brown Rice Spinach Corn Bread Apricots
6 Tomato Soup Tuna Salad Sandwich Green Salad Melon	7 Beef Tostada Homemade Refried Beans Mandarin Oranges Lemon Pudding	8 Chicken Teriyaki Rice Asian Vegetables Pears Fortune Cookie	9 Spaghetti w/Broccoli & Chicken Pea Salad Breadstick Berries & Whip Topping	10 Lemon Pepper Fish Romano Cheese Potatoes Spinach Tropical Fruit Pineapple-Orange Juice
13 Sloppy Joe Tomato & Cucumber Salad Green Peas Apricots Brownie	14 Chicken Gumbo Salad Roll Peaches	15 Country Fried Steak Potatoes Peas & Carrots Whole Wheat Roll Pears	16 Meatloaf Mashed Potatoes Sliced Carrots Wheat Roll Pears & Apple Juice	17 Beef Pot Roast Red Potatoes 5 Way Vegetable Blend Wheat Roll Lemon Bar 
20 Spanish Fish Rice & Corn Mexican Coleslaw Roll Oatmeal Cookie Sherbet	21 Cream of Mushroom Soup Chicken Salad Sandwich Mandarin Oranges Apple Crisp	22 Beef Lasagna Green Beans Salad Garlic Bread Plum & Brownie	23 Pork Tenderloin Bake Mashed Potatoes Baby Carrots Wheat Roll Kiwi & Oatmeal Raisin Cookie	24 Chicken Parmesan Angel Hair Pasta Italian Green Beans Breadstick Lemon Bar & Juice
27 Chicken Margarita Egg Noodles Salad Breadsticks Apple	28 Beef Chili Colorado Spanish Rice Black Bean Salsa & Chips Mixed Fruit Orange Sherbet	29 Ham Macaroni Bake Key West Vegetables Roll Orange Slices	30 Beef Barley Soup Caesar Salad Melon Ginger Snaps	31 Crab Cakes Red Potatoes Mixed Vegetables Mixed Fruit Cookie

Nutrition analysis includes 2% milk. Butter, Salad Dressing & Condiments are optional and increases the fat and/or sodium content of the meal

THIS MENU IS SUBJECT TO CHANGE

Consuming Mishandled Leftover Food May Increase Your Risk of Food Borne Illness. Refrigerate leftovers promptly and reheat thoroughly

National Nutrition Month

is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Registered Dietitian Day, also celebrated in March, increases awareness of registered dietitians as the indispensable providers of food and nutrition services and recognizes RDs for their commitment to helping people achieve healthy lives through better eating.

You can create a personalized eating plan by visiting the Academy of Nutrition & Dietetics website. You can also consult with a Registered Dietician, simply log on to: www.eatright.org/nnm/games/quiz/index.html

Here are a few good reasons to consult our Registered Dietician:

- 1. You have diabetes, cardiovascular problems or high blood pressure.** An RDN serves as an integral part of your health-care team by helping you safely change your eating plan without compromising taste or nutrition.
- 2. You have digestive problems.** A registered dietitian nutritionist will work with your physician to help fine-tune your diet so you are not aggravating your condition with fried foods, too much caffeine or carbonation.
- 3. You want to eat smarter.** A registered dietitian nutritionist can help you sort through misinformation; learn how to read labels at the supermarket; discover that healthy cooking is inexpensive, learn how to eat out without ruining your eating plan and how to resist workplace temptations.



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.



A Service of:
Catholic Community Services
Senior Nutrition Program

5705 Main Street SW
Lakewood WA 98499
For Reservations Call
253-474-1200

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Mon	Tue	Wed	Thu	Fri
		<p>Fish Taco</p> <p>Calories = 760 Carb = 126 Sodium = 830</p>	<p>Oven Fried Chicken</p> <p>Calories = 680 Carb = 90 Sodium = 1060</p>	<p>Beef Tips</p> <p>Calories = 750 Carb = 101 Sodium = 1050</p>
<p>Tomato Soup</p> <p>Calories = 650 Carb = 73 Sodium = 1190</p>	<p>Beef Tostada</p> <p>Calories = 670 Carb = 88 Sodium = 1260</p>	<p>Chicken Teriyaki</p> <p>Calories = 780 Carb = 126 Sodium = 610</p>	<p>Spaghetti w/Broccoli & Chicken</p> <p>Calories = 820 Carb = 81 Sodium = 690</p>	<p>Lemon Pepper Fish</p> <p>Calories = 670 Carb = 96 Sodium = 860</p>
<p>Sloppy Joe</p> <p>Calories = 850 Carb = 113 Sodium = 1200</p>	<p>Chicken Gumbo</p> <p>Calories = 710 Carb = 84 Sodium = 1010</p>	<p>Country Fried Steak</p> <p>Calories = 810 Carb = 100 Sodium = 1040</p>	<p>Meatloaf</p> <p>Calories = 720 Carb = 102 Sodium = 1080</p>	<p>Beef Pot Roast</p> <p>Calories = 730 Carb = 97 Sodium = 930</p>
<p>Spanish Fish</p> <p>Calories = 860 Carb = 105 Sodium = 630</p>	<p>Cream of Mushroom Soup</p> <p>Calories = 710 Carb = 84 Sodium = 460</p>	<p>Beef Lasagna</p> <p>Calories = 750 Carb = 94 Sodium = 1150</p>	<p>Pork Tenderloin Bake</p> <p>Calories = 740 Carb = 91 Sodium = 850</p>	<p>Chicken Parmesan</p> <p>Calories = 880 Carb = 127 Sodium = 1110</p>
<p>Chicken Margarita</p> <p>Calories = 700 Carb = 84 Sodium = 970</p>	<p>Beef Chili Colorado</p> <p>Calories = 700 Carb = 101 Sodium = 920</p>	<p>Ham Macaroni Bake</p> <p>Calories = 700 Carb = 76 Sodium = 1020</p>	<p>Beef Barley Soup</p> <p>Calories = 680 Carb = 74 Sodium = 870</p>	<p>Crab Cakes</p> <p>Calories = 710 Carb = 114 Sodium = 460</p>