


Mon	Tue	Wed	Thu	Fri
<b>21 Serving Days Menu 3</b>			<b>1 BBQ Beef Sandwich</b> Baked Potato Peas & Carrots Pears	<b>2 Vegetable Soup</b> Ham Croissant Apple
<b>5 Kielbasa</b> Roasted Red Potatoes Steamed Cabbage Roll Tropical Fruit	<b>6 Pork Chop</b> Mashed Potatoes & Gravy Spinach Roll Mandarin Oranges	<b>7 Tuna Noodle Casserole</b> Green Beans Garlic Bread Carrot-Raisin Salad	<b>8 Beef Stew</b> Biscuit Green Salad Peaches Orange Juice	<b>9 Broccoli Cheese Soup</b> Turkey Sandwich Apple Crisp Whipped Topping
<b>12 Orange Glazed Fish</b> Rice Pilaf Asparagus Dinner Roll Oranges	<b>13 Swiss Steak</b> Mashed Potatoes & Gravy Tomatoes & Zucchini Roll Carrot Cake	<b>14 Pineapple Chicken</b> Brown Rice Peas Pineapple Chunks Roll Fortune Cookie	<b>15 Fish &amp; Chips</b> Steak Fries Coleslaw Banana & Jello Cup	<b>16 Hungarian Goulash</b> Over Flat Noodles Broccoli Strawberry Short Cake
<b>19 Pork Carnita</b> Rice Tomato & Cucumber Salad Melon Vanilla Wafers	<b>20 Dill Fish</b> Pasta Salad Sugar Cookie Mandarin Orange	<b>21 Sweet &amp; Sour Meatballs</b> Rice Broccoli Pineapple Chunks Jello Cup	<b>22 Roast Turkey</b> Candied Yams Cranberry Sauce Mixed Vegetables Wheat Roll Chocolate Cream Pie	
	<b>27 BBQ Chicken</b> Macaroni Salad Baby Carrots Roll Apple Slices	<b>28 Salmon Filet</b> Green Salad Wild Rice Broccoli Wheat Roll	<b>29 Chicken Fajita</b> Spanish Rice Whole Pinto Beans Ice Cream Peaches	<b>30 Chinese Pepper Steak</b> Brown Rice Stir Fried Vegetables Kiwi Fortune Cookie Ice Cream

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

**This Menu is subject to change**

Consuming Mishandled Leftover Food May Increase Your Risk of Food Borne Illness.

**For Reservations or Information  
Call (253) 474-1200**



# The Blessings Of CHRISTMAS

Peace ★ Hope ★ Joy ★ Love

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
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.

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

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



# Senior Nutrition Program

# December 2014

Mon	Tue	Wed	Thu	Fri
			<b>BBQ Beef Sandwich</b> Calories = 700 Carb = 93 Sodium = 1210	<b>Vegetable Soup</b> Calories = 750 Carb = 93 Sodium = 1130
<b>Kielbasa</b> Calories = 710 Carb = 81 Sodium = 1340	<b>Pork Chop</b> Calories = 710 Carb = 76 Sodium = 540	<b>Tuna Noodle Casserole</b> Calories = 820 Carb = 110 Sodium = 1180	<b>Beef Stew</b> Calories = 760 Carb = 103 Sodium = 950	<b>Broccoli Cheese Soup</b> Calories = 720 Carb = 84 Sodium = 990
<b>Orange Glazed Fish</b> Calories = 780 Carb = 124 Sodium = 700	<b>Swiss Steak</b> Calories = 840 Carb = 97 Sodium = 910	<b>Pineapple Chicken</b> Calories = 700 Carb = 106 Sodium = 1040	<b>Fish &amp; Chips</b> Calories = 880 Carb = 127 Sodium = 1150	<b>Hungarian Goulash</b> Calories = 740 Carb = 78 Sodium = 960
<b>Pork Carnita</b> Calories = 620 Carb = 101 Sodium = 920	<b>Dill Fish</b> Calories = 740 Carb = 83 Sodium = 730	<b>Sweet &amp; Sour Meatballs</b> Calories = 900 Carb = 155 Sodium = 1090	<b>Roast Turkey</b> Calories = 950 Carb = 124 Sodium = 1170	<b>HOLIDAY</b>
<b>HOLIDAY</b>	<b>BBQ Chicken</b> Calories = 750 Carb = 84 Sodium = 570	<b>Salmon Filet</b> Calories = 640 Carb = 74 Sodium = 650	<b>Chicken Fajita</b> Calories = 700 Carb = 103 Sodium = 1020	<b>Chinese Pepper Steak</b> Calories = 670 Carb = 107 Sodium = 610

**For reservations, call (253) 474-1200.**

Nutrition analysis includes 1% milk. (Butter is optional and increases the fat content of the menu.) This Menu is subject to change.