


MARCH 2024 MENU

AUBURN SENIOR ACTIVITY CENTER
808 9TH STREET SE | 253-931-3016 | AUBURNWA.GOV

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Catholic Community Services Serving Western Washington</p>				1
<p>THIS MENU IS SUBJECT TO CHANGE. CONSUMING MISHANDLED LEFTOVER FOOD MAY INCREASE YOUR RISK OF FOOD BORN ILLNESS</p>				
4	5	6	7	8
<p>HONEY DIJON CHICKEN POTATOES & BEETS PEACHES</p> <p>CALORIES: 730 CARB: 64 SODIUM: 480</p>	<p>SLOPPY JOE SANDWICH TOMATO, CUCUMBER, FETA & ONION SALAD YOGURT & STRAWBERRIES</p> <p>CALORIES: 660 CARB: 62 SODIUM: 710</p>	<p>CHEFS SALAD WITH TURKEY CHEESE & EGG BEANS & PEAS BREADSTICK PEACHES</p> <p>CALORIES: 720 CARB: 56 SODIUM: 720</p>	<p>SWISS CHEESE BURGER LETTUCE & TOMATOES WEDGE FRIES & MIXED BERRIES</p> <p>CALORIES: 810 CARB: 80 SODIUM: 690</p>	<p>NO CCS LUNCH</p> <p>SENIOR CENTER STAFF OFFERING LIGHT LUNCH</p> <p>\$2 SUGGESTED CONTRIBUTION</p>
11	12	13	14	15
<p>MINISTRONE SOUP BAKED POTATO MIXED BERRIES & WHIP CREAM</p> <p>CALORIES: 770 CARB: 96 SODIUM: 640</p>	<p>SPAGHETTI WITH BEEF GREEN BEANS & PEARS GARLIC BREAD</p> <p>CALORIES: 635 CARB: 75 SODIUM: 520</p>	<p>CHICKEN FAJITAS WITH BELL PEPPERS & ZUCCHINI SALSA & SOUR CREAM RICE</p> <p>CALORIES: 680 CARB: 78 SODIUM: 740</p>	<p>BEEF SHEPHERD'S PIE LETTUCE, TOMATO CARROT SALAD FIG NEWTON</p> <p>CALORIES: 690 CARB: 80 SODIUM: 790</p>	<p>ST. PATRICK'S DAY LUNCH CORNED BEEF & CABBAGE POTATOES & CARROTS BISCUITS DESSERT REGISTRATION REQUIRED</p> <p>CALORIES: 700 CARB: 85 SODIUM: 1110</p>
18	19	20	21	22
<p>OVEN FRIED CHICKEN GREEN BEANS ROASTED POTATOES ORANGE & WHEAT ROLL</p> <p>CALORIES: 780 CARB: 74 SODIUM: 520</p>	<p>PORK TENDERLOIN BAKE SPINACH & BUTTERNUT SQUASH GRAPES & OATMEAL COOKIES</p> <p>CALORIES: 739 CARB: 90 SODIUM: 620</p>	<p>BEEF & BARLEY SOUP CAESAR SALAD FRESH APPLE & GINGER SNAPS</p> <p>CALORIES: 710 CARB: 90 SODIUM: 750</p>	<p>BIRTHDAY & ANNIVERSARY LUNCH SWEET & SOUR PORK VEGETABLES & RICE FORTUNE COOKIE BIRTHDAY CAKE & ICE CREAM REGISTRATION REQUIRED</p> <p>CALORIES: 810 CARB: 102 SODIUM: 610</p>	<p>NO CCS LUNCH</p> <p>SENIOR CENTER STAFF OFFERING LIGHT LUNCH</p> <p>\$2 SUGGESTED CONTRIBUTION</p>
25	26	27	28	29
<p>VEGETARIAN LASAGNA GREEN BEANS SAUTEED CINNAMON APPLES</p> <p>CALORIES: 690 CARB: 80 SODIUM: 790</p>	<p>CREAM OF MUSHROOM SOUP ½ CHICKEN SALAD SANDWICH BERRY CRISP</p> <p>CALORIES: 710 CARB: 72 SODIUM: 470</p>	<p>SALISBURY STEAK WITH GRAVY MASHED POTATOES SAUTEED SPINACH FIG NEWTON</p> <p>CALORIES: 800 CARB: 92 SODIUM: 710</p>	<p>EASTER LUNCH HAM & SCALLOPED POTATOES GREEN BEANS & GREEN SALAD ROLL STRAWBERRY SHORTCAKE REGISTRATION REQUIRED</p> <p>CALORIES: 700 CARB: 101 SODIUM: 1500</p>	<p>NO CCS LUNCH</p> <p>SENIOR CENTER STAFF OFFERING LIGHT LUNCH</p> <p>\$2 SUGGESTED CONTRIBUTION</p>

APRIL 2024 MENU

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>CHICKEN TERIYAKI RICE WITH PEAS & CARROTS ASIAN VEGETABLE BLEND PEAR FORTUNE COOKIE</p> <p>CALORIES:780 CARB:126 SODIUM:610</p>	<p>2</p> <p>SWEDISH MEATBALLS POTATO & SALAD APRICOTS</p> <p>CALORIES:840 CARB:80 SODIUM:750</p>	<p>3</p> <p>TURKEY & BROCCOLI PEAS & BOWTIES ORANGE</p> <p>CALORIES:680 CARB:78 SODIUM:430</p>	<p>4</p> <p>PORK FAJITAS WITH ONION & ZUCCHINI PINTO BEANS & BANANA</p> <p>CALORIES:710 CARB:83 SODIUM:650</p>	<p>5</p> <p>NO CCS LUNCH</p> <p>SENIOR CENTER STAFF OFFERING LIGHT LUNCH</p> <p>\$2 SUGGESTED CONTRIBUTION</p>
<p>8</p> <p>CHICKEN PASTA PRIMAVERA FETTUCCINE & MELON DESSERT</p> <p>CALORIES:740 CARB:89 SODIUM:540</p>	<p>9</p> <p>FISH TACO RICE & BEANS BERRIES & WHIP CREAM</p> <p>CALORIES:740 CARB:80 SODIUM:680</p>	<p>10</p> <p>BEEF CHILI CON CARNE SAUTEED CARROTS & SPINACH CORNBREAD & PEARS</p> <p>CALORIES:790 CARB:79 SODIUM:790</p>	<p>11</p> <p>CORN CHOWDER ½ CHICKEN SALAD SANDWICH BANANA</p> <p>CALORIES:775 CARB:100 SODIUM:598</p>	<p>12</p> <p>NO CCS LUNCH</p> <p>SENIOR CENTER STAFF OFFERING LIGHT LUNCH</p> <p>\$2 SUGGESTED CONTRIBUTION</p>
<p>15</p> <p>TUNA NOODLE SOUP CARROT, PINEAPPLE & RAISIN SALAD OATMEAL COOKIE</p> <p>CALORIES:727 CARB:104 SODIUM:700</p>	<p>16</p> <p>CHICKEN TETRAZZINI TOSSED SALAD WITH CABBAGE & GARBANZO BEANS</p> <p>CALORIES:720 CARB:67 SODIUM:670</p>	<p>17</p> <p>MEDITERRANEAN CHICKEN WRAP SPINACH & CANNELLINI BEANS RICE PUDDING</p> <p>CALORIES:660 CARB:69 SODIUM:750</p>	<p>18</p> <p>BIRTHDAY & ANNIVERSARY LUNCH PARMESAN TILAPIA RICE PILAF & SQUASH BROWNIE BITS REGISTRATION REQUIRED FOR RECOGNITION</p> <p>CALORIES:710 CARB:64 SODIUM:670</p>	<p>19</p> <p>NO CCS LUNCH</p> <p>SENIOR CENTER STAFF OFFERING LIGHT LUNCH</p> <p>\$2 SUGGESTED CONTRIBUTION</p>
<p>22</p> <p>SALMON GERMAN POTATO SALAD BROCCOLI & CAULIFLOWER BREAD STICKS BROWNIE</p> <p>CALORIES:730 CARB:67 SODIUM:700</p>	<p>23</p> <p>MACARONI & CHEESE BRUSSEL SPROUTS STRAWBERRIES WHEAT ROLL</p> <p>CALORIES:670 CARB:85 SODIUM:590</p>	<p>24</p> <p>CHICKEN CAESAR SALAD BAKED APPLE</p> <p>CALORIES:670 CARB:62 SODIUM:710</p>	<p>25</p> <p>CARIBBEAN PORK CHOPS WITH PEPPERS PINEAPPLE CORNBREAD</p> <p>CALORIES:720 CARB:75 SODIUM:580</p>	<p>26</p> <p>NO CCS LUNCH</p> <p>SENIOR CENTER STAFF OFFERING LIGHT LUNCH</p> <p>\$2 SUGGESTED CONTRIBUTION</p>
<p>29</p> <p>CHICKEN TORTILLA SOUP TORTILLA CHIPS SOUR CREAM & CHEESE MANGO & FIG NEWTON</p> <p>CALORIES:670 CARB:81 SODIUM:750</p>	<p>30</p> <p>PORK CUTLET & BAKED POTATO BAKED BEANS & COLESLAW</p> <p>CALORIES:760 CARB:79 SODIUM:730</p>	<p>THIS MENU IS SUBJECT TO CHANGE. CONSUMING MISHANDLED LEFTOVER FOOD MAY INCREASE YOUR RISK OF FOOD BORN ILLNESS</p>		



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