Catholic Charities Enterprises - DCOA Lunch Menu - April 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 **Pepper Steak** Pepper Steak 3-oz Green Peppers and Onions 1-oz Brown Rice 4-oz Green Peas 4-oz Carrots 4-oz Dinner Roll 1-oz Margarine 100% Grape Juice (6-oz) 1% Plain Milk (8-oz) Veg: Beef-less Strips w/ Veg Gravy	3 **Breaded Chicken Sandwich** Breaded Chicken 3.5-oz Whole Wheat Bun 2-oz Corn Salad 4-oz Spinach Salad 4-oz Mayonnaise Packet Ketchup Packet Salad Dressing Packet Vanilla Wafers 1.1-oz Banana, Fresh 1% Plain Milk (8-oz) Veg: Chick-less Breast Sandwich	4 **Turkey Divan** Turkey Divan 6-oz Buttered Noodles 4-oz Broccoli 4-oz Squash Medley 4-oz Multigrain Bread Slice 1-oz Margarine 100% Orange Juice (6-oz) 1% Plain Milk (8-oz) Veg: Chick-Less Divan	5 **Tuna Salad Sandwich** Tuna Salad 4-oz Pumpernickel Bread 2-oz Carrot Raisin Salad 4-oz Cucumber Salad 4-oz Mayonnaise Packet Mustard Packet Lorna Doone Cookies (1-pkt) Tangerine, Fresh 1% Plain Milk (8-oz) Veg: Grilled Veggie with Hummus Sandwich	6 **Teriyaki Chicken** Teriyaki Chicken 3-oz Fried Rice 4-oz Oriental Vegetables 4-oz Cabbage 4-oz 2 Egg Rolls (1-oz each) Margarine 100% Apple Juice (6-oz) 1% Plain Milk (8-oz) Veg: Teriyaki Chick-Less Strips	7 **Roast Beef with Gravy** Roast Beef 3-oz, Gravy 1-oz Roasted Potatoes 4-oz Green Beans 4-oz California Blend Vegetables 4-oz Corn Muffin 2-oz (1ea) Margarine 100% Grape Juice (6-oz) 1% Plain Milk (8-oz) Veg: Beef-less Burger w/ Vegetarian Gravy	8 **BBQ Pulled Chicken Sandwich** BBQ Chicken 3-oz Kaiser Roll 2-oz Cole Slaw 4-oz Potato Salad 4-oz Mayonnaise Packet Mustard Packet Oatmeal Cookies (1-pkt) Peaches (4-oz) 1% Plain Milk (8-oz) Veg: BBQ Veggie Patty
9 **Cheese Manicotti w/ Meatsauce** Cheese Maniotti 6-oz Meatsauce 2-oz Capri Blend Vegetables 4-oz Lima Beans 4-oz Italian Bread Slice 1-oz Margarine 100% Orange Juice (6-oz) 1% Plain Milk (8-oz) Veg: Manicotti and Beef-Less Crumbles Meatsauce	10 **Turkey and Cheese Sandwich** Turkey 2-oz, American Cheese 1-oz Multigrain Bread 2-oz Beet Salad 4-oz Italian Carrot Salad 4-oz Mayonnaise Packet Mustard Packet Graham Crackers (2-pkts) Banana, Fresh 1% Plain Milk (8-oz) Veg: Falafel with Tzatziki Sauce	11 **Salisbury Steak** Salisbury Steak 3-oz Roasted Potatoes 4-oz Green Peas 4-oz Cornbread 2-oz (1 ea) Margarine 100% Orange Juice (6-oz) 1% Plain Milk (8-oz) Veg: Beef-Less Burger with Vegetarian Gravy	12 **Turkey Burger** Turkey Burger 3-oz Whole Wheat Bun 2-oz Lettuce and Tomato 4-oz Potato Salad 4-oz Mayonnaise Packet Mustard Packet Vanilla Wafers 1.1-oz Tangerine, Fresh 1% Plain Milk (8-oz) Veg: Chicken-Less Salad Sandwich	13 **BBQ Chicken Wings (4)** BBQ Chicken 3.5-oz Sweet Potatoes 4-oz Collard Greens 4-oz Cornbread 2-oz (1ea) Margarine 100% Grape Juice (6-oz) 1% Plain Milk (8-oz) Veg: BBQ Chicken-Less Breast	14 **Chicken Stuffed w/ Wild Rice** Chicken Stuffed w/ Wild Rice 5-oz Wild Rice Blend 4-oz Broccoli 4-oz Squash Medley 4-oz Wheat Roll 1-oz Margarine 100% Orange Juice (6-oz) 1% Plain Milk (8-oz) Veg: Sweet & Sour Beef-Less Crumbles	15 **Meatball Sub** Meatballs w/ Tomato Sauce 3.5-oz Sub Roll 2-oz Italian Pasta Salad 4-oz Roasted Vegetables 4-oz Marinara Sauce 4-oz Mayonnaise Packet Mustard Packet Lorna Doone Cookies (1-pkt) Cinnamon Applesauce (4-oz) 1% Plain Milk (8-oz) Veg: Beef-Less Burger Sub
16 **Orange Chicken** Orange Chicken 3.5-oz Fried Rice 4-oz Oriental Vegetables 4-oz Carrots 4-oz 2 Egg Rolls (1-oz each) Margarine 100% Grape Juice (6-oz) 1% Plain Milk (8-oz) Veg: Chicken-Less Teriyaki Chicken Strips	17 **Roast Beef and Cheese Sub** Roast Beef 2-oz, American 1-oz Sub Roll 2-oz Spinach Salad 4-oz Green Bean Vinagrette 4-oz Mayonnaise Packet Mustard Packet Salad Dressing Packet Oatmeal Cookies (1-pkt) Banana, Fresh 1% Plain Milk (8-oz) Veg: Beef-Less Burger on Sub	18 **Grilled Chicken w/ Honey Dijon** Grilled Chicken 3.5-oz Honey Dijon Sauce 1-oz Linguini Pasta 4-oz Capri Blend Vegetables 4-oz Brussel Sprouts 4-oz Italian Bread Slice 1-oz Margarine 100% Grape Juice (6-oz) 1% Plain Milk (8-oz) Veg: Chick-Less Breast	19 **Turkey Club** Turkey 1-oz, Turkey Bacon 1-oz American 1-oz, Multigrain Bread 2-oz Cole Slaw 4-oz Broccoli Salad 4-oz Mayonnaise Packet Mustard Packet Salad Dressing Packet Graham Crackers (2-pkts) Tangerine, Fresh 1% Plain Milk (8-oz) Veg: Ceasar Salad with Chicken-Less Strips	20 **Tilapia w/ Creole Sauce** Baked Fish 3-oz Red Skin Potatoes 4-oz Creole Sauce 4-oz (tomato/peppers) Spinach 4-oz Multigrain Bread Slice 1-oz Margarine 100% Apple Juice (6-oz) 1% Plain Milk (8-oz) Veg: Chicken-Less Nuggets	21 **Chicken Fajitas** Chicken Strips 3-oz Spanish Rice 4-oz Corn 4-oz Kidney Beans 4-oz Flour Tortillas (2) Margarine 100% Apple Juice (6-oz) 1% Plain Milk (8-oz) Veg: Beef-less Burger w/ Vegetarian Gravy	22 **Corned Beef Sandwich** Corned Beef 2-oz, Swiss 1-oz Rye Bread 2-oz Sauerkraut 4-oz Tosssed Salad 4-oz Mayonnaise Packet Thousand Island Dressing (2 pkt) Vanilla Wafers 1.1-oz Fruit Cocktail (4-oz) 1% Plain Milk (8-oz) Veg: Black Bean Burger

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23 **BBQ Beef Riblet** BBQ Beef 3.5-oz Macaroni and Cheese 4-oz Potato Wedges 4-oz Green Beans 4-oz Cornbread 2-oz Margarine 100% Orange Juice (6-oz) 1% Plain Milk (8-oz) Veg: BBQ Tofu	24 **Turkey Ham & Swiss Sandwich** Turkey Ham 2-oz, Swiss 1-oz Marble Rye Bread 2-oz Corn Salad 4-oz Italian Carrot Salad 4-oz Mayonnaise Packet Mustard Packet Lorna Doone Cookies (1-pkt) Banana, Fresh 1% Plain Milk (8-oz) Veg: Roasted Balsamic Veggies and Swiss Cheese Sandwich	25 **Penne with Meatsauce** Meatsauce 4-oz Penne Pasta 4-oz California Blend Vegetables 4-oz Squash Medley 4-oz Italian Bread Slice 1-oz Margarine 100% Apple Juice (6-oz) 1% Plain Milk (8-oz) Veg: Spaghetti w/ Meat-Less Crumbles	26 **Chicken Salad** Chicken Salad 4-oz Saltine Crackers (3 pkgs) Cucumber Salad 4-oz Spinach Salad 4-oz Dinner Roll 1-oz Mayonnaise Packet Salad Dressing Packet Oatmeal Cookies (1-pkt) Tangerine, Fresh 1% Plain Milk (8-oz) Veg: Chicken-Less Chicken Salad	27 **Baked Salmon** Salmon 3-oz Red Skinned Potatoes 4-oz Broccoli 4-oz Cabbage 4-oz Dinner Roll 2-oz (1 ea) Margarine 100% Grape Juice (6-oz) 1% Plain Milk (8-oz) Veg: Chicken-Less Nuggets	28 **Chicken Stuffed w/ Broccoli** Chicken Stuffed w/ Broccoli 5-oz Rice Pilaf 4-oz Glazed Carrots 4-oz Okra and Tomatoes 4-oz Multigrain Bread Slice 1-oz Margarine 100% Orange Juice (6-oz) 1% Plain Milk (8-oz) Veg: Garden Veggie Burger with Gravy	29 **Chef Salad** Sliced Turkey 2-oz Hard-Boiled Egg 1-oz, Cheese .5-oz Romaine Lettuce, Cucumber & Tomato 8-oz Macaroni Salad 4-oz Salad Dressing Packets (2-3) Corn Muffin 2-oz (1ea) Graham Crackers (2-pkts) Applesauce (4-oz) 1% Plain Milk (8-oz) Veg: Chicken-Less Chef Salad
30 **Meatloaf** Meatloaf 3-oz Roasted Potatoes 4-oz Carrots 4-oz Dinner Roll 2-oz (1 ea) Margarine 100% Apple Juice (6-oz) 1% Plain Milk (8-oz) Veg: BBQ Tofu						