

Catholic Charities Enterprises: Community Dining - February 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Steak and Cheese Steak 2-oz, Cheese 1-oz Sub Roll 2.5 oz Corn 1/2 cup Romaine Salad w/ Dressing 1-cup Tomato Soup 6-oz, Crackers 2-pkts Mayonnaise Packet Mandarin Oranges 4-oz 1% Plain Milk 8-oz Veg: Veggie Burger	2 Rotisserie Chicken Rotisserie Chicken 3-oz Sweet Potatoes 1/2 cup Black-eyed Peas 1/2-cup Corn Muffin 2-oz Butter 100% Orange Juice 6-oz Yogurt 6-oz Veg: ChixLess Nuggets	3 Turkey Pot Roast Turkey Pot Roast 4-oz Brown Rice 1/2-cup Green Beans 1/2-cup Salad w/ Dressing 1-cup Biscuit 2-oz Butter Fruit Cocktail 4-oz 1% Plain Milk 8-oz Veg: Vegetable Stew
6 Beef Salisbury Steak Salisbury Steak 3-oz, Gravy 2-oz Mashed Potatoes 1/2-cup Cabbage 1/2-cup Biscuit 2-oz Butter Tropical Fruit Cup 4-oz 1% Plain Milk 8-oz Veg: Lentils with Rice	7 Chicken with Mushrooms Chicken with Mushrooms 4 oz Linguini 1/2-cup Carrots 1/2 cup San Francisco Vegetable Blend 1/2-cup Dinner Roll 1-oz Butter 100% Grape Juice 6-oz Yogurt 6-oz Veg: Black Bean Patty w/ Mushrooms	8 Egg Salad on Wheat Bread Egg Salad 3-oz Wheat Bread 2-oz Black Bean Salad 1/2-cup Romaine Salad w/ Dressing 1-cup Mayonnaise Packet Banana, Fresh 1% Plain Milk 8-oz Veg: Egg Salad on Wheat Bread	9 Baked Salmon Baked Salmon 3-oz Roasted Potatoes 1/2-cup Spinach 1/2-cup Corn Muffin 2-oz Vegetable Soup 6-oz, Crackers 2-pkts Butter, Tartar Sauce Packet 100% Apple Juice 6-oz Yogurt 6-oz Veg: Curry Tofu w/ Vegetables	10 General Tso's Chicken General Tso's Chicken 3-oz Fried Rice 1/2-cup Oriental Blend Vegetables 1/2-cup Salad w/ Dressing 1-cup Egg Roll 1.5-oz Duck Sauce Applesauce 4-oz 1% Plain Milk 8-oz Veg: Vegetable Lo Mein
13 Turkey Italian Sausage Turkey Italian Sausage 3-oz Buttered Egg Noodles 1/2-cup Carrots 1/2-cup Tossed Salad w/ Dressing 1-cup Italian Bread Slice 1-oz Butter Mandarin Oranges 4-oz 1% Plain Milk 8-oz Veg: Cheese Tortellini w/ Pesto	14 Beef Hot Dog Beef Hot Dog 2-oz Baked Beans 1/2-cup Kale 1/2-cup Wheat Hot Dog Bun 2-oz Mustard/Ketchup/Mayo Packet 100% Orange Juice 6-oz Yogurt 6-oz Veg: Veggie Burger 	15 Baked Cod Baked Fish 4-oz Rice Pilaf 1/2-cup Broccoli 1/2-cup Romaine Salad w/ Dressing 1-cup Dinner Roll 1-oz Butter, Tartar Sauce Packet Fruit Cocktail 4-oz 1% Plain Milk 8-oz Veg: Grilled Tofu 	16 Grilled Chicken Sandwich Grilled Chicken 3-oz Wheat Bun 2-oz Lima Beans 1/2-cup Beet Salad 1/2-cup Lentil Soup 6-oz, Crackers 2-pkts Mayo/Ketchup Packet 100% Grape Juice 6-oz Yogurt 6-oz Veg: Roasted Vegetables w/ Cheese on Bun	17 Beef Riblet Beef Riblet 3-oz Mashed Potatoes 1/2 cup Green Beans 1/2-cup Salad w/ Dressing 1-cup Biscuit 2 oz Butter Peaches 4-oz 1% Plain Milk 8-oz Veg: BBQ Black Bean Burger
20 WASHINGTON'S BIRTHDAY 	21 Beef Chili Beef Chili 6 oz Brown Rice 1/2-cup Okra and Tomatoes 1/2 cup Zucchini 1/2-cup Whole Grain Bread 1-oz Butter 100% Apple Juice 6-oz Yogurt 6-oz Veg: Vegetarian Bean Chili	22 Oven Fried Chicken Oven Fried Chicken 3-oz Sweet Potatoes 1/2 cup Collard Greens 1/2-cup Romaine Salad w/ Dressing 1-cup Corn Muffin 2-oz Butter Banana, Fresh 1% Plain Milk 8-oz Veg: ChixLess Nuggets	23 Beef Stroganoff Beef Stroganoff 6-oz Egg Noodles 1/2-cup Carrots 1/2-cup Sweet Peas 1/2-cup Dinner Roll 1-oz Butter 100% Orange Juice 6-oz Yogurt 6-oz Veg: Vegetable Lasagna	24 Seafood Salad on Croissant Seafood Salad 3-oz Croissant 2-oz Corn Salad 1/2-cup Salad w/ Dressing 1-cup Chicken Noodle Soup 6-oz, Crackers 2-pkts Tartar Sauce Packet Tropical Fruit Cup 4-oz 1% Plain Milk 8-oz Veg: Egg Salad on Croissant
27 Beef Meatloaf Beef Meatloaf 3-oz Macaroni and Cheese 1/2-cup Lima Beans 1/2-cup Tossed Salad w/ Dressing 1-cup Dinner Roll 1-oz Butter Fruit Cocktail 4-oz 1% Plain Milk 8-oz Veg: Tortilla Casserole w/ Black Bean	28 Turkey on Pumpernickel Roast Turkey 3-oz Pumpernickel Bread 2-oz Roasted Vegetable Salad 1/2-cup Kidney Bean Salad 1/2-cup Beef Vegetable Soup 6-oz, Crackers 2-pkts Mayo/Mustard Packet 100% Grape Juice 6-oz Yogurt 6-oz Veg: Cheese and Vegetable Sub 			