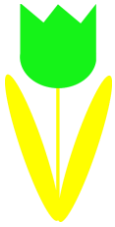
Catholic Charities Enterprises: Congregate Meal Service - May 2016

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Tuna Macaroni Salad** Tuna Macaroni Salad 8-oz Green Peas 1/2-cup Tossed Salad w/ Dressing 1-cup Dinner Roll 1-oz Margarine Mandarin Oranges 4-oz 1% Plain Milk 8-oz ***Veg: Macaroni Salad with Egg***	3 **Turkey Burger** Turkey Burger 3-oz Wheat Bun 2-oz Lettuce and Tomato Potato Wedges 1/2-cup Carrots 1/2-cup Ketchup and Mayonnaise Packet 100% Orange Juice 6-oz Yogurt 6-oz ***Veg: Lentils w/ Roasted Potatoes***	4 **Chicken Parmesan** Chicken Parmesan 4-oz Penne Pasta 1/2-cup Broccoli 1/2-cup Romaine Salad w/ Dressing 1-cup Italian Bread Slice 1-oz Margarine Banana, Fresh 1% Plain Milk 8-oz ***Veg: Eggplant Parmesan***	5 **Corned Beef and Swiss on Marble Rye** Corned Beef 2-oz, Swiss Cheese 1-oz Marble Rye 2-oz Cole Slaw 1/2-cup Blackeyed Pea Salad 1/2-cup Mustard and Mayonnaise Packet 100% Apple Juice 6-oz Yogurt 6-oz ***Veg: Falafel w/ Tzataiki***	6 **BBQ Chicken Sandwich** BBQ Chicken 4-oz Wheat Bun 2-oz Lima Beans 1/2-cup Salad w/ Dressing 1-cup Ketchup and Mayonnaise Packet Fruit Cocktail 4-oz 1% Plain Milk 8-oz ***Veg: Vegetarian Muffaletta***
9 **Beef and Broccoli** Beef and Broccoli 6-oz Rice 1/2-cup Oriental Blend Vegetables 1/2-cup Tossed Salad w/ Dressing 1-cup Egg Roll 2-oz Duck Sauce Applesauce 4-oz 1% Plain Milk 8-oz ***Veg: Sweet and Sour Edamame***	10 **Rotisserie Chicken** Rotisserie Chicken 3-oz Egg Noodles w/ Herbs 1/2-cup Green Beans 1/2-cup Yellow Squash 1/2-cup Dinner Roll 1-oz Margarine 100% Grape Juice 6-oz Yogurt 6-oz ***Veg: Grilled Tofu***	11 **Meatloaf** Meatloaf 3-oz Mashed Potatoes w/ Gravy 1/2-cup Blackeyed Peas 1/2-cup Romaine Salad w/ Dressing 1-cup Corn Muffin 2-oz Margarine Tropical Fruit Cup 4-oz 1% Plain Milk 8-oz ***Veg: Vegetrian Chili***	12 **Egg Salad on Croissant** Egg Salad 3-oz Croissant 2-oz Corn 1/2-cup Carrot Salad 1/2-cup Mayonnaise Packet 100% Orange Juice 6-oz Yogurt 6-oz ***Veg: Egg Salad on Bun***	13 **Breaded Fish Sandwich** Breaded Fish 3-oz Baked Fries 1/2-cup Collard Greens 1/2-cup Wheat Bun 2-oz Ketchup and Tartar Sauce Peaches 4-oz 1% Plain Milk 8-oz ***Veg: Vegetarian Burger***
16 **Crispy Chicken** Crispy Chicken 3-oz Red Potatoes 1/2-cup Spinach 1/2 cup Tossed Salad w/ Dressing 1-cup Corn Muffin 2-oz Margarine Mandarin Oranges 4-oz 1% Plain Milk 8-oz ***Veg: ChixLess Nuggets***	17 **Crab Cake Sandwich** Crab Cake 3-oz Wheat Bun 2-oz Yellow Squash 1/2-cup Cole Slaw 1/2 cup Tartar Sauce and Mayonnaise Packet 100% Apple Juice 6-oz Yogurt 6-oz ***Veg: Black Bean Burger***	18 **Lasagna** Lasagna 8-oz Green Beans 1/2-cup Carrots 1/2-cup Romaine Salad w/ Dressing 1-cup Italian Bread Slice 1-oz Margarine Banana, Fresh 1% Plain Milk 8-oz ***Veg: Vegetable Lasagna***	19 **Turkey Club on Wheat Bread** Turkey, Turkey Bacon 3-oz Wheat Bread 2-oz Lettuce and Tomato Sliced Beets 1/2-cup Kidney Bean Salad 1/2-cup Mustard and Mayonnaise Packet 100% Grape Juice 6-oz Yogurt 6-oz ***Veg: Falafel w/ Tzataiki***	20 **Pepper Steak** Pepper Steak 4-oz Rice 1/2-cup Lima Beans 1/2-cup Salad w/ Dressing 1-cup Dinner Roll 1-oz Margarine Fruit Cocktail 4-oz 1% Plain Milk 8-oz ***Veg: Tofu with Peppers***
23 **Turkey Sausage w/ Peppers** Turkey Sausage w/ Peppers 4-oz Seasoned Potatoes 1/2-cup Carrots 1/2-cup Tossed Salad w/ Dressing 1-cup Sub Roll 2-oz Mayonnaise Packet Applesauce 4-oz 1% Plain Milk 8-oz ***Veg: Vegetarian Chili***	24 **Spaghetti with Meatsauce** Meatsauce 4-oz Spaghetti 1/2-cup Broccoli 1/2-cup Chickpea Salad 1/2-cup Italian Bread Slice 1-oz Margarine 100% Orange Juice 6-oz Yogurt 6-oz ***Veg: Tomato Sauce with Soy Crumbles***	25 **Chicken Stuffed w/ Broccoli** Chicken Stuffed w/ Broccoli 5-oz Rice Pilaf 1/2-cup Corn 1/2-cup Romaine Salad w/ Dressing 1-cup Dinner Roll 1-oz Margarine Tropical Fruit Cup 4-oz 1% Plain Milk 8-oz ***Veg: Lentils over Rice***	26 **Seafood Salad on Sub Roll** Seafood Salad 1/2-cup Sub Roll 2-oz Cole Slaw 1/2-cup Tomato and Cucumber 1/2 cup Mayonnaise Packet 100% Apple Juice 6-oz Yogurt 6-oz ***Veg: Egg Salad on Sub Roll***	27 **Oven Fried Chicken** Oven Fried Chicken 3-oz Potato Salad 1/2-cup Collard Greens 1/2-cup Corn Muffin 2-oz Margarine Peaches 4-oz 1% Plain Milk 8-oz ***Veg: ChixLess Nuggets***
30 **Memorial Day** 	31 **Meatballs with Gravy** Meatballs w/ Gravy 3-oz Egg Noodles 1/2-cup Glazed Carrots 1/2 cup Lima Beans 1/2-cup Dinner Roll 1-oz Margarine 100% Grape Juice 6-oz Yogurt 6-oz ***Veg: Vegetarian Burger***