

Catholic Charities Enterprises: DCOA Congregate Halal Meal Service - January 2015

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			HOLIDAY	Turkey Sandwich Lettuce and Tomato Three Bean Salad Cobb Salad w/ Dressing Wheat Bread Mayonnaise/Mustard Packet 100% Orange Juice
5	6	7	8	9
Grilled Chicken w/ Alfredo Sauce Penne Pasta Steamed Broccoli Tossed Salad w/ Dressing Wheat Roll Margarine 100% Apple Juice	Grilled Salmon CousCous Pickled Beets Tossed Salad w/ Dressing Corn Bread Margarine/Tartar Sauce Banana, Fresh	Chicken Cacciatore Rice Greens Caesar Salad w/ Dressing Garlic Bread Margarine/Tartar Sauce 100% Grape Juice	Beef Lo Mein Sugar Snap Peas Tossed Salad w/ Dressing Egg Roll Margarine Tropical Fruit Cup	Tuna Sandwich Lettuce and Tomato Cole Slaw Cobb Salad w/ Dressing Wheat Bread Mayonnaise/Mustard Packet 100% Orange Juice
12	13	14	15	16
Meat Loaf Rice Asparagus Tossed Salad w/ Dressing Garlic Bread Margarine 100% Apple Juice	Baked Tilapia w/ Tomato Basil Rice Sauteed String Beans Tossed Salad w/ Dressing Wheat Roll Margarine/Tartar Sauce Banana, Fresh	Oven Roasted Chicken Roasted Potato Collard Greens Caesar Salad w/ Dressing Dinner Roll Margarine 100% Grape Juice	Salisbury Steak Mashed Potato w/ Gravy Broccoli Tossed Salad w/ Dressing Wheat Bread Duck Sauce Tropical Fruit Cup	Curry Chicken Wrap Lettuce and Tomato Carrot Raisin Salad Cobb Salad w/ Dressing Wrap Mayonnaise/Mustard Packet 100% Orange Juice
19	20	21	22	23
MLK DAY	Oven Fried Whiting Cole Slaw Yams Tossed Salad w/ Dressing Dinner Roll Margarine Banana, Fresh	Smothered Chicken Macaroni and Cheese Peas Caesar Salad w/ Dressing Wheat Roll Margarine 100% Grape Juice	Taco w/ Lettuce, Tomato, Onion Spanish Rice Steamed Broccoli Tossed Salad w/ Dressing Taco Shell Taco Sauce, Mild Tropical Fruit Cup	Turkey Croissant Pasta Salad Lettuce and Tomato Cobb Salad w/ Dressing Croissant Mayonnaise/Mustard Packet 100% Orange Juice
26	27	28	29	30
Grilled Chicken w/ Alfredo Sauce Penne Pasta Steamed Broccoli Tossed Salad w/ Dressing Garlic Bread Margarine 100% Apple Juice	Oven Crusted Tilapia Rosemary Herbed Potatoes String Beans Tossed Salad w/ Dressing Dinner Roll Margarine Banana, Fresh	Stir-Fry with Beef Rice Broccoli Caesar Salad w/ Dressing Spring Rolls Duck Sauce 100% Grape Juice	Curry Chicken Basmati Rice Carrots and Peas Tossed Salad w/ Dressing Wheat Pita Bread Duck Sauce Tropical Fruit Cup	BLT Wrap Potato Salad Lettuce and Tomato Cobb Salad w/ Dressing Wrap Mayonnaise/Mustard Packet 100% Orange Juice