

## Catholic Charities Enterprises: DCOA Congregate Halal Meal Service - June 2016

Monday	Tuesday	Wednesday	Thursday	Friday
		Chicken Tetrazzini Steamed Zucchini Tossed Salad w/ Dressing Garlic Bread Margarine Banana, Fresh Milk 1%	Hawaiian Meatballs Mashed Potatoes with Gravy Broccoli Tossed Salad w/ Dressing Wheat Roll Margarine 100% Orange Juice Yogurt	Tuna Wrap Lettuce and Tomato Three Bean Salad Tossed Salad w/ Dressing Wrap Mayonnaise/Mustard Packet Mandarin Oranges Milk 1%
Oven Fried Cod Sweet Potatoes Green Beans Tossed Salad w/ Dressing Corn Bread Margarine Peaches Milk 1%	Chicken Masala Basmati Rice Spinach Tossed Salad w/ Dressing Wheat Roll Margarine 100% Apple Juice Yogurt	Spaghetti with Meatballs Corn Tossed Salad w/ Dressing Garlic Bread Margarine Tropical Fruit Cup Milk 1%	Lemon Herb Chicken CousCous ChickPeas Tossed Salad w/ Dressing Wheat Roll Margarine 100% Grape Juice Yogurt	Roast Beef Sandwich Lettuce and Tomato Tomato Cucumber Salad Tossed Salad w/ Dressing Pumpernickel Rye Bread Mayonnaise/Mustard Packet Applesauce Milk 1%
Spaghetti with Meatballs String Beans Tossed Salad w/ Dressing Garlic Bread Margarine Mandarin Oranges Milk 1%	Stir Fry Chicken Rice Stir Fry Vegetables Tossed Salad w/ Dressing Egg Rolls Duck Sauce 100% Orange Juice Yogurt	Grilled Salmon Oven Roasted Potatoes Carrots Tossed Salad w/ Dressing Pita Bread Margarine Banana, Fresh Milk 1%	Oven Fried Chicken Macaroni and Cheese Collard Greens Tossed Salad w/ Dressing Corn Bread Margarine 100% Apple Juice Yogurt	Turkey on Croissant Lettuce and Tomato Chick Pea Salad Tossed Salad w/ Dressing Croissant Mayonnaise/Mustard Packet Fruit Cocktail Milk 1%
Chicken Stew Rice Cabbage Tossed Salad w/ Dressing Flat Bread Margarine Applesauce Milk 1%	Oven Fried Cod Sweet Potatoes Green Beans Tossed Salad w/ Dressing Corn Bread Margarine 100% Grape Juice Yogurt	Lasagna w/ Meat Sauce Broccoli Tossed Salad w/ Dressing Garlic Bread Margarine Tropical Fruit Cup Milk 1%	Chicken Tetrazzini Green Peas Tossed Salad w/ Dressing Garlic Bread Margarine 100% Orange Juice Yogurt	Smoked Turkey Sandwich Lettuce and Tomato Three Bean Salad Tossed Salad w/ Dressing Wheat Bread Mayonnaise/Mustard Packet Peaches Milk 1%
Hawaiian Meatballs Mashed Potatoes w/ Gravy Carrots Tossed Salad w/ Dressing Corn Bread Margarine Mandarin Oranges Milk 1%	Lemon Herb Chicken Couscous Chick Peas Tossed Salad w/ Dressing Pita Wheat Bread Margarine 100% Apple Juice Yogurt	Parmesan Crusted Tilapia Basmati Rice Steamed Zucchini Tossed Salad w/ Dressing Wheat Roll Margarine Banana, Fresh Milk 1%	Beef and Broccoli Fried Rice Broccoli Tossed Salad w/ Dressing Vegetable Spring Rolls Duck Sauce 100% Grape Juice Yogurt	