

## Catholic Charities Enterprises: Halal Community Dining - November 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	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	Curry Chicken Wrap Carrot Raisin Salad Three Bean Salad Tossed Salad w/ Dressing Wrap Mayonnaise/Mustard Packet Fruit Cocktail Milk 1%
7	8	9	10	11
BBQ Chicken Vegetarian Baked Beans String Beans Tossed Salad w/ Dressing Corn Bread Margarine Applesauce Milk 1%	Tex-Mex Macaroni w/ Beef  Spinach Tossed Salad w/ Dressing Wheat Roll Margarine 100% Orange Juice Yogurt	Mediterranean Chicken Rice Carrots Tossed Salad w/ Dressing Pita Bread Margarine Tropical Fruit Cup Milk 1%	Grilled Salmon Burger French Fries Onion Vinaigrette, Lettuce, Tomato Tossed Salad w/ Dressing Wheat Bun Tartar Sauce 100% Apple Juice Yogurt	Veteran's Day
14	15	16	17	18
Curry Chicken Basmati Rice Chick Peas Tossed Salad w/ Dressing Pita Wheat Bread Margarine Fruit Cocktail Milk 1%	Salisbury Steak Corn Green Beans Tossed Salad w/ Dressing Wheat Roll Margarine 100% Grape Juice Yogurt	Roasted Rosemary Chicken Couscous Broccoli Tossed Salad w/ Dressing Corn Muffin Margarine Banana, Fresh Milk 1%	Spaghetti with Meat Sauce  Zucchini Tossed Salad w/ Dressing Garlic Bread Margarine 100% Orange Juice Yogurt	Tuna Wrap Lettuce and Tomato Carrot Raisin Salad Tossed Salad w/ Dressing Wrap Mayonnaise/Tartar Sauce Packet Mandarin Oranges Milk 1%
21	22	23	24	25
Oven Fried Flounder Oven Roasted Potatoes Cabbage Tossed Salad w/ Dressing Corn Bread Margarine Peaches Milk 1%	Chicken Masala Basmati Rice Spinach Tossed Salad w/ Dressing Pita Wheat Bread Margarine 100% Apple Juice Yogurt	Meatloaf Mashed Potatoes w/ Gravy Green Beans Tossed Salad w/ Dressing Wheat Roll Margarine Tropical Fruit Cup Milk 1%	Thanksgiving Day	Turkey Ham & Cheese Lettuce and Tomato Three Bean Salad Tossed Salad w/ Dressing Wheat Bread Mayonnaise/Mustard Packet Applesauce Milk 1%
28	29	30		
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%		