

## Catholic Charities Enterprises: DCOA Congregate Halal Meal Service - September 2014

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Labor Day</b>	2 <b>Salisbury Steak</b> Mashed Potatoes and Gravy Broccoli Tossed Salad w/ Dressing Wheat Bread Margarine Fruit Cup	3 <b>Tandoori Chicken</b> Rice with Raisins Chickpeas Caesar Salad w/ Dressing Pita Bread Margarine 100% Grape Juice	4 <b>Oven Fried Whiting</b> Oven Roasted Potatoes Cabbage Tossed Salad w/ Dressing Corn Bread Margarine Applesauce	5 <b>Turkey on Croissant</b> Lettuce and Tomato Pasta Salad Cobb Salad w/ Dressing Croissant Mayonnaise/Mustard Packet 100% Orange Juice
8 <b>Lasagna w/ Meatsauce</b>  Vegetable Medley Tossed Salad w/ Dressing Garlic Bread Margarine 100% Apple Juice	9 <b>Oven Fried Flounder</b> Macaroni and Cheese Collard Greens Tossed Salad w/ Dressing Corn Bread Margarine Banana, Fresh	10 <b>Garlic Lemon Chicken</b> Roasted Red Potatoes Mixed Vegetables Caesar Salad w/ Dressing Wheat Dinner Roll Margarine 100% Grape Juice	11 <b>Stir Fry with Beef</b> Rice Mixed Vegetables Tossed Salad w/ Dressing Egg Roll Margarine Peach Cup	12 <b>Curry Chicken Wrap</b> Lettuce and Tomato Carrot Raisin Salad Cobb Salad w/ Dressing Wrap Mayonnaise/Mustard Packet 100% Orange Juice
15 <b>Beef Taco</b> Lettuce and Tomato Corn Tossed Salad w/ Dressing Tortilla Taco Sauce Packet 100% Apple Juice	16 <b>Spaghetti w/ Meatsauce</b>  Zucchini Tossed Salad w/ Dressing Garlic Bread Margarine Mandarin Oranges	17 <b>Grilled Salmon Burger</b> Lettuce and Tomatoes French Fries Caesar Salad w/ Dressing Bun Tartar Sauce 100% Grape Juice	18 <b>Curry Chicken</b> Basmati Rice Carrots and Peas Tossed Salad w/ Dressing Wheat Pita Bread Margarine Tropical Fruit Cup	19 <b>Roast Beef Sandwich</b> Lettuce and Tomato Cucumber Salad Cobb Salad w/ Dressing Wheat Bread Mayonnaise/Mustard Packet 100% Orange Juice
22 <b>Tex-Mex Macaroni w/ Ground Beef</b>  Sauteed Spinach Tossed Salad w/ Dressing Pita Bread Margarine 100% Apple Juice	23 <b>BBQ Chicken</b> Potato Salad Steamed Squash Tossed Salad w/ Dressing Wheat Roll Margarine Peach Cup	24 <b>Meatloaf</b> Rice Asparagus Caesar Salad w/ Dressing Garlic Bread Margarine 100% Grape Juice	25 <b>Baked Tilapia</b>  Sauteed String Beans Tossed Salad w/ Dressing Wheat Roll Margarine Tropical Fruit Cup	26 <b>Tuna Sandwich</b> Lettuce and Tomato Cole Slaw Cobb Salad w/ Dressing Wheat Bread Mayonnaise/Mustard Packet 100% Orange Juice
29 <b>Grilled Chicken w/ Alfredo Sauce</b> Penne Pasta Steamed Broccoli Tossed Salad w/ Dressing Wheat Bread Margarine 100% Apple Juice	30 <b>Grilled Salmon</b> CousCous Pickled Beets Tossed Salad w/ Dressing Corn Bread Margarine Banana, Fresh			