

## Catholic Charities Enterprises: HOMEBOUND MENU - March 2017

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
				<p><b>1</b></p> <p><u>Sweet and Sour Chicken</u> Sweet and Sour Chicken 4-oz Fried Rice 1/2-cup Oriental Blend Vegetables 1/2-cup Carrots 1/2-cup Egg Roll 1.5-oz Duck Sauce 100% Orange Juice (6-oz) Yogurt 6-oz</p> <p>Veg: Vegetarian Lo Mein</p>	<p><b>2</b></p> <p><u>Chef Salad</u> 1-oz Turkey, 1-oz Turkey Ham 1 Hard-Boiled Egg Tossed Salad 2-cups Chickpea Salad 1/2-cup Corn Muffin 2-oz Butter, Salad Dressing Packet Mandarin Oranges 1/2-cup 1% Plain Milk 8-oz</p> <p>Veg: Vegetarian Salad w/ Lentils</p>	<p><b>3</b></p> <p><u>Potato Crusted Fish</u> Potato Crusted Fish 4-oz Macaroni and Cheese 1/2-cup Spinach 1/2-cup Yellow Squash 1/2-cup Dinner Roll 1-oz Butter, Tartar Sauce Banana, Fresh 1% Plain Milk 8-oz</p> <p>Veg: Lentils w/ Wild Rice</p>
<p><b>4</b></p> <p><u>Crispy Chicken and Waffles</u> Crispy Chicken 3-oz Waffles 2-oz Collard Greens 1/2-cup Cole Slaw 1/2-cup Butter, Syrup 100% Apple Juice (6-oz) Yogurt 6-oz</p> <p>Veg: Chix-Less Nuggets</p>	<p><b>5</b></p> <p><u>Tuna Salad on Croissant</u> Tuna Salad 3-oz Croissant 2-oz Corn and Edamame Salad 1/2-cup Spinach Salad 1-cup Mayo/Salad Dressing Packet Peaches 1/2-cup 1% Plain Milk 8-oz</p> <p>Veg: Grilled Tofu in Pita</p>	<p><b>6</b></p> <p><u>Beef Chili</u> Beef Chili 6-oz Brown Rice 1/2-cup Okra and Tomatoes 1/2-cup Zucchini 1/2-cup Corn Muffin 2-oz Butter 100% Orange Juice (6-oz) Yogurt 6-oz</p> <p>Veg: Tortilla Casserole w/ Black Beans</p>	<p><b>7</b></p> <p><u>Turkey and Cheese Sandwich</u> Turkey 2-oz, Cheese 1-oz Multigrain Bread 2-oz Three Bean Salad 1/2-cup Mediterranean Vegetable Salad 1/2-cup Mayo/Mustard Packet Fruit Cocktail 1/2-cup 1% Plain Milk 8-oz</p> <p>Veg: Egg Salad Sandwich</p>	<p><b>8</b></p> <p><u>Crab Cake</u> Crab Cake 3-oz Roasted Potatoes 1/2-cup Carrots 1/2-cup Biscuit 2-oz Butter, Tartar Sauce 100% Grape Juice (6-oz) Yogurt 6-oz</p> <p>Veg: Black Bean Patty</p>	<p><b>9</b></p> <p><u>Chicken Caesar Salad</u> Chicken Strips 4-oz Romaine 2-cups Corn Salad 1/2-cup Croutons 0.5-oz Pita Bread 2-oz Caesar Dressing Packet Cinnamon Applesauce 1/2-cup 1% Plain Milk 8-oz</p> <p>Veg: Greek Salad</p>	<p><b>10</b></p> <p><u>Spaghetti w/ Beef Meatsauce</u> Meatsauce 5-oz Spaghetti 1/2-cup Green Beans 1/2-cup Cauliflower 1/2-cup Italian Bread Slice 1-oz Butter Pineapple 1/2-cup 1% Plain Milk 8-oz</p> <p>Veg: Eggplant Parmesan</p>
<p><b>11</b></p> <p><u>Turkey Pot Roast w/ Gravy</u> Turkey Pot Roast w/ Gravy 6-oz Stuffing 1/2-cup Carrots 1/2-cup Sweet Peas 1/2-cup Corn Muffin 2-oz Butter 100% Orange Juice (6-oz) Yogurt 6-oz</p> <p>Veg: Grilled Tofu</p>	<p><b>12</b></p> <p><u>Seafood Salad with Pita</u> Seafood Salad 3-oz Beet Salad 1/2-cup Chickpea Salad 1/2-cup Pita Bread 2-oz Mayonnaise, Tartar Sauce Packet Applesauce 1/2-cup 1% Plain Milk 8-oz</p> <p>Veg: Macaroni Salad w/ Egg</p>	<p><b>13</b></p> <p><u>Chicken Stuffed w/ Broccoli</u> Chicken w/ Broccoli 6-oz Macaroni and Cheese 1/2-cup Lima Beans 1/2-cup California Blend Vegetables 1/2-cup Dinner Roll 1-oz Butter 100% Grape Juice (6-oz) Yogurt 6-oz</p> <p>Veg: Chix-Less Nuggets</p>	<p><b>14</b></p> <p><u>Beef Meatball Sub</u> Meatballs 6-oz Sub Roll 2-oz Green Bean Vinaigrette 1/2-cup Tossed Salad 1-cup Marinara Sauce, Salad Dressing Packet Mandarin Oranges 1/2-cup 1% Plain Milk 8-oz</p> <p>Veg: Macaroni Salad w/ Egg</p>	<p><b>15</b></p> <p><u>Baked Cod</u> Baked Cod Loin 4-oz Rice Pilaf 1/2-cup Broccoli 1/2-cup Yellow Squash 1/2-cup Dinner Roll 1-oz Butter, Tartar Sauce 100% Apple Juice (6-oz) Yogurt 6-oz</p> <p>Veg: Veggie Burger</p>	<p><b>16</b></p> <p><u>BBQ Chicken Sandwich</u> Pulled Chicken 3-oz, BBQ sauce 1.5-oz Cole Slaw 1/2-cup Baked Beans 1/2-cup Wheat Bun 2-oz Mayonnaise Packet Tropical Fruit Cup 1/2-cup 1% Plain Milk 8-oz</p> <p>Veg: Cheese Tortellini w/ Pesto</p>	<p><b>17</b></p> <p><u>Corned Beef</u> Corned Beef 3-oz Parsley Potatoes 1/2-cup Cabbage 1/2-cup Biscuit 2-oz Butter Peaches 1/2-cup 1% Plain Milk 8-oz</p> <p>Veg: Vegetarian Salad w/ Lentils</p>
<p><b>18</b></p> <p><u>Baked Salmon</u> Baked Salmon 3-oz Wild Rice Blend 1/2-cup Lima Beans 1/2-cup Green Beans 1/2-cup Dinner Roll 1-oz Butter, Tartar Sauce 100% Grape Juice (6-oz) Yogurt 6-oz</p> <p>Veg: Roasted Vegetables with Tofu</p>	<p><b>19</b></p> <p><u>Chicken Drumsticks</u> Chicken Drumsticks 2-each Potato Salad 1/2-cup Spinach Salad 1-cup Corn Muffin 2-oz Butter/Salad Dressing Packet Fruit Cocktail 1/2-cup 1% Plain Milk 8-oz</p> <p>Veg: Chix-Less Nuggets</p>	<p><b>20</b></p> <p><u>Beef Tips w/ Gravy</u> Beef Tips w/ Gravy 4-oz Mashed Potatoes with Gravy 1/2-cup Carrots 1/2-cup Biscuit 2-oz Butter 100% Apple Juice (6-oz) Yogurt 6-oz</p> <p>Veg: Veggie Burger</p>	<p><b>21</b></p> <p><u>Egg Salad on Croissant</u> Egg Salad 3-oz Croissant 2-oz Cucumber Salad 1/2-cup Mediterranean Vegetable Salad 1/2-cup Mayonnaise Packet Cinnamon Applesauce 1/2-cup 1% Plain Milk 8-oz</p> <p>Veg: Egg Salad on Croissant</p>	<p><b>22</b></p> <p><u>General Tso's Chicken</u> General Tso's Chicken 3-oz Fried Rice 1/2-cup Oriental Blend Vegetables 1/2-cup Cauliflower 1/2-cup Egg Roll 1.5-oz Duck Sauce 100% Orange Juice (6-oz) Yogurt 6-oz</p> <p>Veg: Vegetarian Fried Rice</p>	<p><b>23</b></p> <p><u>Fish Sandwich</u> Fish Patty 4-oz Wheat Bun 2-oz Corn and Edamame Salad 1/2-cup Green Bean Vinaigrette 1/2-cup Ketchup, Tartar Sauce Pineapple 1/2-cup 1% Plain Milk 8-oz</p> <p>Veg: Tortilla Casserole w/ Black Beans</p>	<p><b>24</b></p> <p><u>Turkey Italian Sausage</u> Turkey Italian Sausage 3-oz Egg Noodles 1/2-cup w/ Marinara 1.5-oz Broccoli and Cauliflower 1/2-cup White Beans 1/2-cup Italian Bread Slice 1-oz Salad Dressing Packet Banana, Fresh 1% Plain Milk 8-oz</p> <p>Veg: BBQ Black Bean Burger</p>
<p><b>25</b></p> <p><u>Rotisserie Chicken</u> Rotisserie Chicken 4-oz Macaroni and Cheese 1/2-cup Zucchini 1/2-cup Baked Beans 1/2-cup Dinner Roll 1-oz Butter 100% Apple Juice (6-oz) Yogurt 6-oz</p> <p>Veg: Ratatouille w/ Bulgur</p>	<p><b>26</b></p> <p><u>Crab Cake Sandwich</u> Crab Cake 3-oz Wheat Bun 2-oz Cole Slaw 1/2-cup Cucumber Salad 1/2-cup Salad Dressing Packet, Tartar Sauce Cinnamon Applesauce 1/2-cup 1% Plain Milk 8-oz</p> <p>Veg: Egg Salad on Wheat Bread</p>	<p><b>27</b></p> <p><u>Pepper Steak</u> Pepper Steak 6-oz Brown Rice 1/2-cup Green Beans 1/2-cup Carrots 1/2-cup Corn Muffin 2-oz Butter 100% Orange Juice (6-oz) Yogurt 6-oz</p> <p>Veg: Vegetable Lasagna</p>	<p><b>28</b></p> <p><u>Turkey on Pumpernickel</u> Roast Turkey 3-oz Pumpernickel Bread 2-oz Chickpea Salad 1/2-cup Corn Salad 1/2-cup Mayo/Mustard Packet Peaches 1/2-cup 1% Plain Milk 8-oz</p> <p>Veg: Hummus w/ Cheese, Pita</p>	<p><b>29</b></p> <p><u>Swedish Turkey Meatballs</u> Swedish Turkey Meatballs 5-oz Buttered Egg Noodles 1/2-cup Sweet Peas 1/2-cup Yellow Squash 1/2-cup Marble Rye Bread Slice 1-oz Butter 100% Grape Juice (6-oz) Yogurt 6-oz</p> <p>Veg: Bean and Cheese Burrito</p>	<p><b>30</b></p> <p><u>Chicken Salad on Kaiser</u> Chicken Salad 3-oz Kaiser 2-oz Beet Salad 1/2-cup Tossed Salad 1-cup Mayo, Salad Dressing Packet Fruit Cocktail 1/2-cup 1% Plain Milk 8-oz</p> <p>Veg: Roasted Vegetables w/ Tofu</p>	<p><b>31</b></p> <p><u>Beef Meatloaf</u> Beef Meatloaf 4-oz Sweet Potatoes 1/2-cup Collard Greens 1/2-cup Biscuit 2-oz Butter Applesauce 1/2-cup 1% Plain Milk 8-oz</p> <p>Veg: Vegetable Stew w/ Beans</p>