



Catholic Charities - Congregate Lunch Menu - December 2012



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Salisbury Steak w/ Gravy Mashed Potatoes Carrots Tossed Salad w/ Dressing Dinner Roll Margarine Apple Juice</p> <p>Vegetarian: BeefLess Burger w/ Gravy</p>	<p>4</p> <p>Turkey Tetrazzini Broccoli Beet Salad Breadstick Margarine Fruit Cup</p> <p>Vegetarian: Pasta Primavera</p> 	<p>5</p> <p>Orange Chicken Fried Rice Oriental Blend Vegetables Spinach Salad w/ Dressing Dinner Roll Margarine Grape Juice</p> <p>Vegetarian: Orange ChixLess Nuggets</p>	<p>6</p> <p>Beef Stew Roasted Potatoes Mixed Vegetables White Bean Soup Biscuit Margarine Mandarin Oranges</p> <p>Vegetarian: BeefLess Stew</p>	<p>7</p> <p>Baked Fish with Herb Sauce Parslied Egg Noodles Asparagus Tips Caesar Salad w/ Dressing Corn Muffin Margarine Orange juice</p> <p>Vegetarian: Tofu Scramble</p>
<p>10</p> <p>Baked Chicken w/ Gravy Collard Greens Black-eyed Peas Tossed Salad w/ Dressing Cornbread Margarine Apple Juice</p> <p>Vegetarian: ChixLess Patty w/ Gravy</p>	<p>11</p> <p>Baked Ham w/ Pineapple Glaze Sweet Potatoes Cabbage Corn Salad Dinner Roll Margarine Peach Cup</p> <p>Vegetarian: Vegetable Jambalaya</p>	<p>12</p> <p>Meaballs in Tomato Sauce Spaghetti Winter Blend Vegetables Spinach Salad w/ Dressing Breadstick Margarine Grape Juice</p> <p>Vegetarian: Pasta w/ Veggie Crumbles</p>	<p>13</p> <p>Roast Turkey w/ Gravy Mashed Potatoes Green Beans Split Pea Soup Dinner Roll Margarine Cinnamon Applesauce</p> <p>Vegetarain: Curry Tofu</p> 	<p>14</p> <p>Oven Fried Chicken Macaroni and Cheese Okra and Tomatoes Caesar Salad w/ Dressing Corn Muffin Margarine Orange juice</p> <p>Vegetarian: ChixLess Nuggets</p>
<p>17</p> <p>Meatloaf w/ Gravy Baked Potato w/ Sour Cream Broccoli Tossed Salad w/ Dressing Dinner Roll Margarine Apple Juice</p> <p>Vegetarian: Veggie Patty</p>	<p>18</p> <p>Baked Fish with Lemon Sauce Rice Pilaf Brussel Sprouts Cucumber Salad Whole Grain Bread Margarine Tropical Fruit Cup</p> <p>Vegetarian: Sweet and Sour Tofu</p>	<p>19</p> <p>Italian Sausage on Sub Roll Potato Salad Peppers and Onions Spinach Salad w/ Dressing Sub Roll Margarine Grape Juice</p> <p>Vegetarian: Roasted Vegetables on Sub</p> 	<p>20</p> <p>Chicken Piccata Linguini Sweet Peas Minestrone Soup Breadstick Margarine Baked Apple</p> <p>Vegetarian: ChixLess Piccata</p>	<p>21</p> <p>BBQ Ribs Baked Beans Collard Greens Caesar Salad w/ Dressing Cornbread Margarine Orange juice</p> <p>Vegetarian: BBQ BeefLess Patty</p>
<p>24</p> <p>Teriyaki Chicken Fried Rice Oriental Blend Vegetables Tossed Salad w/ Dressing Dinner Roll Margarine Apple Juice</p> <p>Vegetarian: ChixLess Teriyaki</p>	<p>25</p> <p>Holiday</p> 	<p>26</p> <p>Stuffed Chicken w/ Gravy Mashed Potatoes Capri Blend Vegetables Spinach Salad w/ Dressing Corn Muffin Margarine Grape Juice</p> <p>Vegetarian: ChixLess Patty w/ Gravy</p>	<p>27</p> <p>Beef Stroganoff Egg Noodles Carrots Tomato Basil Soup Dinner Roll Margarine Fruit Cup</p> <p>Vegetarian: BeefLess Stew</p>	<p>28</p> <p>Turkey Chop w/ Gravy Red Skin Potatoes Squash Medley Caesar Salad w/ Dressing Cornbread Margarine Orange juice</p> <p>Vegetarian: Veggie Patty w/ Gravy</p>
<p>31</p> <p>Stuffed Peppers Orzo Succotash Tossed Salad w/ Dressing Dinner Roll Margarine Apple Juice</p> <p>Vegetarian: Stuffed Pepper w/ Rice</p> 				

1% Milk served with all meals.