Catholic Charities Enterprises: Halal Congregate Meal Service - August 2013

Monday	Tuesday	Wednesday	Thursday	Friday
			1 BBQ Chicken Vegetarian Baked Beans Cole Slaw Tossed Salad w/ Dressing Corn Muffin Margarine Mandarin Oranges	2 Tuna Wrap Potato Salad Cucumber Salad Caesar Salad w/ Dressing Honey Wheat Bread Mayonnaise/Mustard Packet Orange juice
5 Salisbury Steak Mashed Potatoes w/ Gravy Broccoli Tossed Salad w/ Dressing Wheat Roll Margarine Apple Juice	6 Roasted Chicken Rice Pilaf Vegetable Medley Tossed Salad w/ Dressing Whole Grain Bread Margarine Peach Cup	7 Grilled Tilapia Roasted Potatoes Carrots Spinach Salad w/ Dressing Wheat Roll Margarine Grape Juice	8 Oven Fried Chicken Macaroni and Cheese Green Beans Tossed Salad w/ Dressing Wheat Roll Margarine Cinnamon Applesauce	9 Tuna and Curry Wraps Pasta Salad Carrot Raisin Salad Caesar Salad w/ Dressing Mayonnaise/Mustard Packet Orange juice
12 Parmesan Crusted Tilapia Garlic Roasted Potatoes Asparagus Tossed Salad w/ Dressing Wheat Bread Margarine Apple Juice	13 Meatballs Spaghetti Zucchini Spinach Salad w/ Dressing Garlic Bread Margarine Tropical Fruit Cup	14 Chicken Tikka Rice and Chick Peas Spinach Tossed Salad w/ Dressing Flat Bread Margarine Grape Juice	15 Oven Fried Haddock Macaroni and Cheese Green Beans Tossed Salad w/ Dressing Wheat Roll Margarine Applesauce	16 Roast Beef Sandwich on Wheat Bread Three Bean Salad Lettuce and Tomatoes Caesar Salad w/ Dressing Mayonnaise/Mustard Packet Orange juice
19 Meatsauce Spaghetti Zucchini Tossed Salad w/ Dressing Garlic Bread Margarine Apple Juice	20 BBQ Chicken Vegetarian Baked Beans Cabbage Cucumber Salad Wheat Roll Margarine Mandarin Oranges	21 Grilled Chicken w/ Alfredo Sauce Penne Pasta Mixed Vegetables Spinach Salad w/ Dressing Garlic Toast Margarine Grape Juice	22 Oven Fried Cod Brown Rice Spinach sauteed w/ garlic Tossed Salad w/ Dressing Cornbread Margarine Fruit Cup	23 Turkey w/ Lettuce and Tomatoes Pasta Salad Cucumber Salad Caesar Salad w/ Dressing Croissant Mayonnaise/Mustard Packet Orange juice
26 Meatloaf Mashed Potatoes w/ Gravy Asparagus Tossed Salad w/ Dressing Wheat Roll Margarine Apple Juice	27 Curry Chicken Basmati Rice Carrots and Peas Pickled Sliced Beets Pita Wheat Bread Margarine Cinnamon Applesauce	28 Stir Fry Chicken and Vegetables Yellow Rice Spinach Salad w/ Dressing Vegetable Spring Rolls Sweet and Sour Sauce Grape Juice	29 Salmon Burger w/ Onion Vinagrette French Fries Lettuce and Tomatoes Tossed Salad w/ Dressing Wheat Bun Ketchup/Mayonnaise/Mustard Packet Peach Cup	30 Turkey Ham and Cheese Bean Soup Cole Slaw Caesar Salad w/ Dressing Pumpernickel/Rye Bread Mayonnaise/Mustard Packet Orange juice

1% Milk served with all meals.