




Catholic Charities Enterprises: Community Dining - June 2017

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>BBQ Chicken Quarter BBQ Chicken Quarter 4-oz Macaroni and Cheese 1/2-cup Spinach 1/2-cup Cold Diced Beet Salad 1/2-cup Wheat Roll 1-oz Butter 100% Orange Juice 4-oz Yogurt 6-oz Veg: BBQ Tofu</p>	<p>Beef Hot Dog Beef Hot Dog 3-oz Wheat Hot Dog Bun 2-oz Baked Beans 1/2-cup Arcadian Salad w/ Dressing 2-cups Ketchup, Mustard Packet Mandarin Oranges 4-oz 1% Plain Milk 8-oz Veg: Grilled Cheese Sandwich</p>
<p>Chicken Drumsticks Chicken Drumsticks (2 each) Roasted Potatoes 1/2-cup Green Beans 1/2-cup Garden Salad w/ Dressing 1-cup Corn Muffin 2-oz Butter Peaches 4-oz 1% Plain Milk 8-oz Veg: Grilled Tofu</p>	<p>Stuffed Pepper with Beef Stuffed Pepper w/ Beef 1-each Brown Rice 1/2-cup Peas & Carrots 1/2-cup Cucumber Salad 1/2-cup Wheat Roll 1-oz Butter 100% Apple Juice 4-oz Yogurt 6-oz Veg: Vegetarian Stuffed Pepper</p>	<p>Chicken Salad Sandwich Chicken Salad 4-oz Wheat Bread 2-slices Three Bean Salad 1/2-cup Caesar Salad w/ Dressing 1-cup Mayonnaise Packet Applesauce 4-oz 1% Plain Milk 8-oz Veg: Egg Salad Sandwich</p>	<p>Turkey Burger Turkey Burger 3-oz Wheat Bun 2-oz Sweet Potato Fries 1/2-cup Cabbage Soup 6-oz, Crackers 2-pkts Ketchup and Mayonnaise Packets 100% Grape Juice 4-oz Yogurt 6-oz Veg: Garden Burger</p>	<p>Herb Crusted Cod Herb Crusted Fish 3-oz Parsilled Rice 1/2-cup Okra and Tomatoes 1/2-cup Arcadian Salad w/ Dressing 2-cups Wheat Roll 1-oz Tartar Sauce, Butter Tropical Fruit Cup 4-oz 1% Plain Milk 8-oz Veg: Macaroni and Cheese</p>
<p>Tuna Macaroni Salad Tuna Macaroni Salad 8-oz Green Peas 1/2-cup Garden Salad w/ Dressing 1-cup Wheat Roll 1-oz Butter Mandarin Oranges 4-oz 1% Plain Milk 8-oz Veg: Macaroni Salad with Egg</p>	<p>Turkey Meatballs with Gravy Meatballs w/ Gravy 3-oz Rice 1/2-cup Black-eyed Peas 1/2-cup Mandarin Orange Salad 1/2-cup Butter 100% Orange Juice 4-oz Yogurt 6-oz Veg: Black Bean Burger</p>	<p>Chicken Parmesan Chicken Parmesan 4-oz Penne Pasta 1/2-cup Broccoli 1/2-cup Caesar Salad w/ Dressing 1-cup Italian Bread Slice 1-oz Butter Banana, Fresh 1% Plain Milk 8-oz Veg: Eggplant Parmesan</p>	<p>Corned Beef and Swiss on Marble Rye Corned Beef 2-oz, Swiss Cheese 1-oz Marble Rye 2-oz Cole Slaw 1/2-cup Garden Vegetable Soup 6-oz, Crackers 2-p Mustard and Mayonnaise Packet 100% Apple Juice 4-oz Yogurt 6-oz Veg: Falafel Patty</p>	<p>Country Chicken Salad Breaded Chicken Tender 3-oz Shredded Cheese 0.5-oz Corn 1/2-cup Entrée Salad Mix w/ Dressing 2-cups Whole Grain Biscuit 2-oz Butter Fruit Cocktail 4-oz 1% Plain Milk 8-oz Veg: ChixLess Nuggets</p>
<p>Sweet and Sour Chicken Sweet and Sour Chicken 4-oz Fried Rice 1/2-cup Cabbage 1/2-cup Garden Salad w/ Dressing 1-cup Egg Roll 2-oz Duck Sauce Applesauce 4-oz 1% Plain Milk 8-oz Veg: Sweet and Sour Tofu</p>	<p>Beef Meatloaf Beef Meatloaf 3-oz Mashed Potatoes w/ Gravy 1/2-cup Green Beans 1/2-cup Cold Diced Beet Salad 1/2-cup Corn Muffin 2-oz Butter 100% Grape Juice 4-oz Yogurt 6-oz Veg: Garden Burger</p>	<p>Grilled Chicken Caesar Salad Grilled Chicken 3-oz Caesar Salad w/ Dressing 2-cups White Bean Soup 6-oz, Crackers 2-pkts Whole Grain Biscuit 2-oz Butter Tropical Fruit Cup 4-oz 1% Plain Milk 8-oz Veg: Grilled Tofu</p> 	<p>Fish Creole Fish Creole 4-oz Brown Rice 1/2-cup Carrots 1/2-cup Corn 1/2-cup Wheat Roll 1-oz Butter 100% Orange Juice 4-oz Yogurt 6-oz Veg: ChixLess Nuggets</p>	<p>Cheese Tortellini w/ Meat Sauce Cheese Tortellini w/ Meat Sauce 8-oz Lima Beans 1/2-cup Arcadian Salad w/ Dressing 2-cups Wheat Roll 1-oz Butter Peaches 4-oz 1% Plain Milk 8-oz Veg: Cheese Tortellini</p>
<p>Pepper Steak Pepper Steak 4-oz Rice 1/2-cup Carrots 1/2-cup Garden Salad w/ Dressing 1-cup Wheat Roll 1-oz Butter Mandarin Oranges 4-oz 1% Plain Milk 8-oz Veg: Tofu with Peppers</p>	<p>Crab Cake Sandwich Crab Cake 3-oz Wheat Bun 2-oz Black-eyed Peas 1/2-cup Cole Slaw 1/2 cup Tartar Sauce, Mayonnaise Packet 100% Apple Juice 4-oz Yogurt 6-oz Veg: Black Bean Burger</p>	<p>Beef Lasagna Lasagna 8-oz Broccoli 1/2-cup Caesar Salad w/ Dressing 1-cup Italian Bread Slice 1-oz Butter Banana, Fresh 1% Plain Milk 8-oz Veg: Vegetable Lasagna</p>	<p>Baked Chicken Tenders Chicken Tenders 4-oz Potato Wedges 1/2-cup Green Beans 1/2 cup Corn Muffin 2-oz Butter, Ketchup 100% Grape Juice 4-oz Yogurt 6-oz Veg: ChixLess Nuggets</p>	<p>Turkey Club Salad Turkey 2-oz, Turkey Bacon 1-oz Cheddar Cheese 0.5-oz Entrée Salad Mix w/ Dressing 2-cups Tomato Soup 6-oz, Crackers 2-pkts Wheat Roll 1-oz Butter Fruit Cocktail 4-oz 1% Plain Milk 8-oz Veg: Falafel Patty</p>