

# Catholic Charities Enterprises: Community Dining - March 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				
		<b>Beef Tips with Gravy</b> Beef Tips with Gravy 4-oz Mashed Potatoes 1/2 cup Carrots 1/2-cup Romaine Salad w/ Dressing 1-cup Biscuit 2-oz Butter Peaches 4-oz 1% Plain Milk 8-oz <b>Veg: Baked Ziti w/ Vegetables</b>	<b>Sweet and Sour Chicken</b> Sweet and Sour Chicken 4-oz Fried Rice 1/2-cup Oriental Blend Vegetables 1/2-cup Green Beans 1/2-cup Egg Roll 1.5-oz Duck Sauce 100% Apple Juice 6-oz Yogurt 6-oz <b>Veg: Edamame Sweet and Sour w/ Bulgur</b>	<b>Crab Cake</b> Crab Cake 3-oz Red Skin Potatoes 1/2-cup Yellow Squash 1/2-cup Salad w/ Dressing 1-cup Corn Muffin 2-oz Tartar Sauce Packet Mandarin Oranges 4-oz 1% Plain Milk 8-oz <b>Veg: Vegetable Burger</b>
<b>Crispy Chicken and Waffles</b> Crispy Chicken 3-oz Waffles 2 oz Collard Greens 1/2-cup Tossed Salad w/ Dressing 1-cup Butter, Syrup Applesauce 4-oz 1% Plain Milk 8-oz <b>Veg: ChixLess Nuggets</b>	<b>Beef Taco</b> Beef 2 oz, Cheese 1 oz Soft Tortilla 2 oz Shredded Lettuce and Tomato 1/4 cup Tex-Mex Corn 1/2-cup Bell Peppers and Onions 1/2-cup Taco Sauce - Mild 100% Orange Juice 6-oz Yogurt 6-oz <b>Veg: Bean and Cheese Tacos</b>	<b>Chicken Alfredo</b> Chicken Alfredo 6-oz Fettuccini Noodles 1/2 cup Zucchini 1/2-cup Romaine Salad w/ Dressing 1-cup Dinner Roll 1-oz Butter Banana, Fresh 1% Plain Milk 8-oz <b>Veg: Pasta Casserole w/ Cheese Sauce</b>	<b>Tuna Salad with Pita</b> Tuna Salad 3-oz Pita 2 oz Chickpea Salad 1/2-cup Beet Salad 1/2-cup Turkey Rice Soup 6-oz, Crackers 2-pkts Mayo/Mustard Packet 100% Grape Juice 6-oz Yogurt 6-oz <b>Veg: Italian Grilled Tofu in Pita</b>	<b>Beef Hamburger</b> Beef Patty 3-oz Hamburger Bun 2-oz Sweet Potato Fries 1/2-cup Salad w/ Dressing 1-cup Ketchup/Mayo Packet Tropical Fruit Cup 4-oz 1% Plain Milk 8-oz <b>Veg: Black Bean Burger</b>
<b>Spaghetti with Turkey Meatballs</b> Meatballs 3-oz w/ Marinara 2-oz Spaghetti 1/2-cup Sweet Peas 1/2-cup Tossed Salad w/ Dressing 1-cup Dinner Roll 1-oz Butter Peaches 4-oz 1% Plain Milk 8-oz <b>Veg: Cheese Tortellini</b>	<b>Herb Crusted Cod</b> Herb Crusted Fish 4-oz Rice Pilaf 1/2-cup Spinach 1/2-cup Carrots 1/2-cup Whole Grain Bread 1-oz Butter, Tartar Sauce Packet 100% Apple Juice 6-oz Yogurt 6-oz <b>Veg: Edamame w/ Rice</b>	<b>Steak and Cheese</b> Steak 2-oz, Cheese 1-oz Sub Roll 2.5 oz  Corn 1/2 cup Romaine Salad w/ Dressing 1-cup Bean Soup 6-oz, Crackers 2-pkts Mayonnaise Packet Mandarin Oranges 4-oz 1% Plain Milk 8-oz <b>Veg: Veggie Burger</b>	<b>Rotisserie Chicken</b> Rotisserie Chicken 3-oz Sweet Potatoes 1/2 cup Collard Greens 1/2-cup Corn Muffin 2-oz Butter 100% Orange Juice 6-oz Yogurt 6-oz <b>Veg: ChixLess Nuggets</b>	<b>Corned Beef</b> Corned Beef 3-oz Parsley Potatoes 1/2-cup Cabbage 1/2-cup Salad w/ Dressing 1-cup Biscuit 2-oz Butter Fruit Cocktail 4-oz 1% Plain Milk 8-oz <b>Veg: Vegetable Stew</b> 
<b>Beef Salisbury Steak</b> Salisbury Steak 3-oz, Gravy 2-oz Rice 1/2-cup Green Beans 1/2-cup Corn 1/2 cup Dinner Roll 1-oz Butter Tropical Fruit Cup 4-oz 1% Plain Milk 8-oz <b>Veg: Lentils with Rice</b>	<b>Chicken with Mushrooms</b> Chicken with Mushrooms 4 oz Linguini 1/2-cup Carrots 1/2 cup San Francisco Vegetable Blend 1/2-cup Dinner Roll 1-oz Butter 100% Grape Juice 6-oz Yogurt 6-oz <b>Veg: Black Bean Patty w/ Mushrooms</b>	<b>Egg Salad on Wheat Bread</b> Egg Salad 3-oz Wheat Bread 2-oz Black Bean Salad 1/2-cup Romaine Salad w/ Dressing 1-cup Mayonnaise Packet Banana, Fresh 1% Plain Milk 8-oz <b>Veg: Egg Salad on Wheat Bread</b>	<b>Baked Salmon</b> Baked Salmon 3-oz Roasted Potatoes 1/2-cup Spinach 1/2-cup Corn Muffin 2-oz Lentil Soup 6-oz, Crackers 2-pkts Butter, Tartar Sauce Packet 100% Apple Juice 6-oz Yogurt 6-oz <b>Veg: Curry Tofu w/ Vegetables</b>	<b>General Tso's Chicken</b> General Tso's Chicken 3-oz Fried Rice 1/2-cup Oriental Blend Vegetables 1/2-cup Salad w/ Dressing 1-cup Egg Roll 1.5-oz Duck Sauce Applesauce 4-oz 1% Plain Milk 8-oz <b>Veg: Vegetable Lo Mein</b>
<b>Turkey Italian Sausage</b> Turkey Italian Sausage 3-oz Buttered Egg Noodles 1/2-cup Carrots 1/2-cup Tossed Salad w/ Dressing 1-cup Italian Bread Slice 1-oz Butter Mandarin Oranges 4-oz 1% Plain Milk 8-oz <b>Veg: Cheese Tortellini w/ Pesto</b>	<b>Beef Hot Dog</b> Beef Hot Dog 2-oz Baked Beans 1/2-cup Kale 1/2-cup Wheat Hot Dog Bun 2-oz Mustard/Ketchup/Mayo Packet 100% Orange Juice 6-oz Yogurt 6-oz <b>Veg: Veggie Burger</b>	<b>Baked Cod</b> Baked Fish 4-oz Rice Pilaf 1/2-cup Broccoli 1/2-cup Romaine Salad w/ Dressing 1-cup Dinner Roll 1-oz Butter, Tartar Sauce Packet Fruit Cocktail 4-oz 1% Plain Milk 8-oz <b>Veg: Grilled Tofu</b>	<b>Grilled Chicken Sandwich</b> Grilled Chicken 3-oz Wheat Bun 2-oz Lima Beans 1/2-cup Beet Salad 1/2-cup Vegetable Soup 6-oz, Crackers 2-pkts Mayo/Ketchup Packet 100% Grape Juice 6-oz Yogurt 6-oz <b>Veg: Roasted Vegetables w/ Cheese on Bun</b>	<b>Beef Riblet</b> Beef Riblet 3-oz Mashed Potatoes 1/2 cup Green Beans 1/2-cup Salad w/ Dressing 1-cup Biscuit 2 oz Butter Peaches 4-oz 1% Plain Milk 8-oz <b>Veg: BBQ Black Bean Burger</b>