

Catholic Charities Enterprises: Congregate Meal Service - November 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p><u>BBQ Chicken</u> BBQ Chicken 3-oz Scalloped Potatoes 1/2-cup Spinach 1/2-cup Tossed Salad w/ Dressing 1-cup Biscuit 2-oz Margarine Mandarin Oranges 4-oz</p> <p>Veg: ChixLess Nuggets w/ BBQ</p>	<p>3</p> <p><u>Beef Stroganoff</u> Beef Stroganoff 1/2-cup Egg Noodles 1/2-cup Carrots 1/2-cup Cabbage 1/2-cup Italian Bread Slice 1-oz Margarine 100% Grape Juice 6-oz</p> <p>Veg: Vegetable Lasagna</p>	<p>4</p> <p><u>Baked Fish</u> Baked Fish 3-oz Egg Noodles 1/2-cup Broccoli 1/2-cup Romaine Salad w/ Dressing 1-cup Corn Muffin 1.5-oz Margarine, Tartar Sauce Packet Baked Apples 1/2 cup</p> <p>Veg: Vegetable Muffuletta</p>	<p>5</p> <p><u>Steak and Cheese</u> Steak 2-oz, Cheese 1-oz Sub Roll 2 oz Potato Wedges 1/2 cup Green Bean Vinaigrette 1/2-cup Ketchup Packet Tomato Soup 6-oz, Crackers 2-pkts 100% Orange Juice 6-oz</p> <p>Veg: Roasted Eggplant w/ Provolone</p>	<p>6</p> <p><u>Pizza</u> Pizza 5 oz Italian Vegetables 1/2 cup Salad w/ Dressing 1-cup Tropical Fruit Cup 4-oz</p> <p>Veg: Cheese Tortellini w/ Pesto</p>	<p>7</p> <p><u>BBQ Chicken Breast</u> BBQ Chicken Breast 3-oz Macaroni and Cheese 1/2-cup Baked Beans 1/2-cup Collard Greens 1/2-cup Wheat Bread 1-oz Margarine Fresh Fruit or Fruit Cup 4-oz</p> <p>Veg: BBQ Tofu</p>
<p>9</p> <p><u>Meatloaf</u> Meatloaf 3-oz Macaroni and Cheese 1/2-cup Green Beans 1/2-cup Tossed Salad w/ Dressing 1-cup Dinner Roll 1-oz Margarine Fruit Cocktail 4-oz</p> <p>Veg: Tortilla Casserole w/ Black Bean</p>	<p>10</p> <p><u>Sweet and Sour Chicken</u> Sweet and Sour Chicken 3-oz Fried Rice 1/2-cup Oriental Blend Vegetables 1/2-cup Three Bean Salad 1/2-cup Whole Grain Bread 1-oz Margarine 100% Apple Juice 6-oz</p> <p>Veg: Edamame Sweet and Sour w/ Bulgur</p>	<p>11</p> <p><u>Hamburger</u> Beef Patty 3-oz Hamburger Bun 2-oz Potato Wedges 1/2-cup Romaine Salad w/ Dressing 1-cup Ketchup/Mayo Packet Banana, Fresh</p> <p>Veg: Falafel w/ Tzatziki Sauce</p>	<p>12</p> <p><u>Turkey on Pumpernickel</u> Roast Turkey 3-oz Pumpernickel Bread 2-oz Roasted Vegetable Salad 1/2-cup Cole Slaw 1/2-cup Corn Chowder 6-oz, Crackers 2-pkts Mayo/Mustard Packet 100% Grape Juice 6-oz</p> <p>Veg: Hummus w/ Cheese, Pita</p>	<p>13</p> <p><u>Crab Cake</u> Crab Cake 3-oz Red Skin Potatoes 1/2-cup Squash Medley 1/2-cup Salad w/ Dressing 1-cup Saltine Crackers 6-pkts Tartar Sauce Packet Mandarin Oranges 4-oz</p> <p>Veg: Vegetable Burger</p>	<p>14</p> <p><u>Beef Hot Dog</u> Beef Hot Dog 3-oz Wheat Bun 2-oz Steak Fries 1/2-cup Carrots 1/2-cup Mustard/Ketchup Packet Fresh Fruit or Fruit Cup 4-oz</p> <p>Veg: Vegetarian Chili</p>
<p>16</p> <p><u>Crispy Chicken and Waffles</u> Crispy Chicken 3-oz Waffles 2 oz Vegetable Medley 1/2-cup Tossed Salad w/ Dressing 1-cup Margarine, Syrup Peaches 4-oz</p> <p>Veg: ChixLess Nuggets</p>	<p>17</p> <p><u>BBQ Beef Riblet</u> BBQ Beef Riblet 3-oz Mashed Potatoes 1/2 cup Broccoli 1/2-cup Green Bean Vinaigrette 1/2-cup Biscuit 2 oz Margarine 100% Orange Juice 6-oz</p> <p>Veg: BBQ Black Bean Burger</p>	<p>18</p> <p><u>Turkey Pot Roast</u> Turkey Pot Roast 4-oz Brown Rice 1/2-cup Carrots 1/2-cup Romaine Salad w/ Dressing 1-cup Corn Muffin 1.5-oz Margarine Baked Apples 1/2 cup</p> <p>Veg: Greek Salad</p> 	<p>19</p> <p><u>Fish Filet Sandwich</u> Breaded Fish Filet 3-oz Wheat Bun 2 oz Corn Salad 1/2-cup Beet Salad 1/2-cup Minestrone Soup 6-oz, Crackers 2-pkts Ketchup, Tartar Sauce 100% Apple Juice 6-oz</p> <p>Veg: Grilled Tofu in Pita</p>	<p>20</p> <p><u>Salisbury Steak</u> Salisbury Steak 3-oz, Gravy 1-oz Egg Noodles 1/2-cup Carrot Raisin Salad 1/2-cup Squash Medley 1/2-cup Dinner Roll 1-oz Margarine Tropical Fruit Cup 4-oz</p> <p>Veg: Vegetable Burger</p>	<p>21</p> <p><u>Beef Hamburger</u> Hamburger 3-oz Wheat Bun 2-oz Steak Fries 1/2-cup Broccoli 1/2-cup Mayonnaise/Ketchup Packet Margarine Fresh Fruit or Fruit Cup 4-oz</p> <p>Veg: Black Bean Burger with Gravy</p>
<p>23</p> <p><u>Herb Crusted Fish</u> Herb Crusted Fish 3-oz AuGratin Potatoes 1/2-cup Capri Blend Vegetables 1/2-cup Tossed Salad w/ Dressing 1-cup Italian Bread Slice 1 oz Margarine, Tartar Sauce Packet Mandarin Oranges 4-oz</p> <p>Veg: Eggplant Parmesan</p>	<p>24</p> <p><u>Tacos</u> Beef 2 oz, Cheese 1 oz Soft Tortilla 2 oz Spanish Rice 1/2 cup Tex-Mex Corn 1/2-cup Stewed Tomatoes 1/2-cup Taco Sauce - Mild 100% Grape Juice 6-oz</p> <p>Veg: Lentils with Wild Rice</p>	<p>25</p> <p><u>Chicken Alfredo</u> Chicken Alfredo 6-oz Fettuccini Noodles 1/2 cup Carrots 1/2-cup Romaine Salad w/ Dressing 1-cup Dinner Roll 1-oz Margarine Banana, Fresh</p> <p>Veg: Pasta Casserole w/ Cheese Sauce</p>	<p>26</p> <p><u>Thanksgiving Day</u></p> 	<p>27</p> <p><u>Egg Salad on Wheat Bread</u> Egg Salad 3-oz Wheat Bread 2-oz Green Bean Vinaigrette 1/2-cup Roasted Vegetable Salad 1/2-cup Split Pea Soup 6-oz, Crackers 2-pkts 100% Orange Juice 6-oz</p> <p>Veg: Egg Salad on Croissant</p>	<p>28</p> <p><u>Rotisserie Chicken</u> Rotisserie Chicken 3-oz Sweet Potatoes 1/2-cup Cabbage 1/2-cup Salad w/ Dressing 1-cup Biscuit 2-oz Margarine Applesauce 4-oz</p> <p>Veg: Ratatouille w/ Bulgur</p>
<p>30</p> <p><u>Sesame Chicken</u> Sesame Chicken 3-oz Fried Rice 1/2-cup Oriental Blend Vegetables 1/2-cup Carrots 1/2-cup Egg Roll 1.5-oz Duck Sauce Fruit Cocktail 4-oz</p> <p>Veg: Vegetable Lo Mein</p>					

1% Milk served with all meals.