

Catholic Charities Enterprises: Congregate Meal Service - March 2013

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Baked Fish with Herb Sauce Parslied Egg Noodles Asparagus Tips Caesar Salad w/ Dressing Corn Muffin Margarine Orange juice Vegetarian: Tofu Scramble
4	5 BBQ Beef on Bun Baked Beans Broccoli Potato Salad Whole Wheat Bun Margarine Peach Cup Vegetarian: Vegetable Jambalaya	6 Meatballs in Tomato Sauce Spaghetti Winter Blend Vegetables Spinach Salad w/ Dressing Breadstick Margarine Grape Juice Vegetarian: Pasta w/ Veggie Crumbles	7 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Split Pea Soup Italian Bread Slice Margarine Cinnamon Applesauce Vegetarain: Curry Tofu	8 Oven Fried Chicken Macaroni and Cheese Okra and Tomatoes Caesar Salad w/ Dressing Corn Muffin Margarine Orange juice Vegetarian: ChixLess Nuggets 
11	12 Baked Fish with Lemon Sauce Rice Pilaf Brussel Sprouts Cucumber Salad Whole Grain Bread Margarine Tropical Fruit Cup Vegetarian: Sweet and Sour Tofu 	13 Philly Cheesesteak on Sub Roll Potato Salad Peppers and Onions Spinach Salad w/ Dressing Sub Roll Margarine Grape Juice Vegetarian: Roasted Vegetables on Sub	14 Chicken Piccata Linguini Sweet Peas Minestrone Soup Breadstick Margarine Baked Apple Vegetarian: ChixLess Piccata 	15 BBQ Ribs Baked Beans Collard Greens Caesar Salad w/ Dressing Cornbread Margarine Orange juice Vegetarian: BBQ BeefLess Patty
	18	19 Stuffed Chicken w/ Gravy Mashed Potatoes Capri Blend Vegetables Spinach Salad w/ Dressing Corn Muffin Margarine Grape Juice Vegetarian: ChixLess Patty w/ Gravy	20 Beef Stroganoff Egg Noodles Carrots Tomato Basil Soup Dinner Roll Margarine Fruit Cup Vegetarian: BeefLess Stew 	21 Turkey Chop w/ Gravy Red Skin Potatoes Squash Medley Caesar Salad w/ Dressing Cornbread Margarine Orange juice Vegetarian: Veggie Patty w/ Gravy
25	26 Oven Fried Chicken Breakfast Potatoes Asparagus Tips Fresh Fruit Salad Belgium Waffle (1/2 each) w/ Syrup Margarine Cinnamon Applesauce Vegetarian: ChixLess Nuggets 	27 Crab Cake Buttered Egg Noodles Squash Medley Spinach Salad w/ Dressing Dinner Roll Margarine Grape Juice Vegetarain: Curry Tofu	28 Roast Beef w/ Gravy Roasted Potatoes Green Beans Cream of Broccoli Whole Wheat Bread Margarine Peach Cup Vegetarian: BeefLess Patty w/ Gravy	29 Rotisserie Chicken w/ Gravy Red Bean and Rice Okra and Tomatoes Caesar Salad w/ Dressing Cornbread Margarine Orange juice Vegetarian: ChixLess Patty w/ Gravy 

1% Milk served with all meals.