

Catholic Charities Enterprises: Frail Homebound Menu - November 2013

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
						<p>1</p> <p><u>Breaded Fish Sandwich</u> Breaded Fish , Cheese Potato Wedges Succotash Capri Blend Vegetables Whole Wheat Bun Tartar Sauce, Ketchup 100% Grape Juice 1% Plain Milk</p> <p>Veg: Vegetarian Chili</p>
<p>2</p> <p><u>Salisbury Steak</u> Salisbury Steak with Gravy Mashed Potatoes Broccoli Mixed Vegetables Biscuit Margarine 100% Grape Juice 1% Plain Milk</p> <p>Veg: Beef-Less Burger w/ Gravy</p>	<p>3</p> <p><u>Chicken Drumsticks</u> Oven Fried Chicken Drumsticks Pasta Salad Carrot-Raisin Salad Cornbread Graham Crackers Margarine Cinnamon Applesauce 1% Plain Milk</p> <p>Veg: ChixLess Nuggets</p>	<p>4</p> <p><u>Roast Turkey w/ Gravy</u> Roast Turkey w/ Gravy Wild Rice Blend Green Beans Cauliflower Dinner Roll Margarine 100% Orange Juice 1% Plain Milk</p> <p>Veg: ChixLess Patty w/ Gravy</p>	<p>5</p> <p><u>Roast Beef and Cheese Sub</u> Roast Beef , American Cheese Sub Roll Corn Salad Spinach Salad Mayonnaise Packet Mustard Packet Salad Dressing Packet Fig Newtons Mixed Fruit Cup 1% Plain Milk</p> <p>Veg: Roasted Veggie & Cheese Sub</p>	<p>6</p> <p><u>Chicken Parmesan</u> Breaded Chicken Penne , Tomato Sauce Mozzarella Cheese Squash Medley Mixed Vegetables Italian Bread Slice Margarine 100% Apple Juice 1% Plain Milk</p> <p>Veg: Eggplant Parmesan</p>	<p>7</p> <p><u>Tuna Salad</u> Tuna Salad Saltine Crackers Three Bean Salad Beet Salad Dinner Roll Mayonnaise Packet Salad Dressing Packet Lorna Doone Cookies Peaches 1% Plain Milk</p> <p>Veg: Egg Salad</p>	<p>8</p> <p><u>Meatloaf with Mushroom Gravy</u> Meatloaf with Mushroom Gravy Scalloped Potatoes Glazed Carrots Okra and Tomatoes Corn Muffin Margarine 100% Grape Juice 1% Plain Milk</p> <p>Veg: Garden Veggie Burger</p>
<p>9</p> <p><u>Turkey Tetrzzini</u> Turkey Tetrzzini Capri Blend Vegetables Brussel Sprouts Dinner Roll Margarine 100% Orange Juice 1% Plain Milk</p> <p>Veg: Pasta Primavera</p>	<p>10</p> <p><u>Pulled BBQ Beef Sandwich</u> Shredded BBQ Beef Kaiser Roll Cole Slaw Green Bean Vinaigrette Mayonnaise Packet Mustard Packet Graham Crackers Banana, Fresh 1% Plain Milk</p> <p>Veg: BBQ Tofu</p>	<p>11</p> <p style="text-align: center;"><u>VETERANS DAY</u></p>	<p>12</p> <p><u>Turkey Club</u> Turkey, Bacon, American Cheese Multigrain Bread Roasted Vegetables Broccoli Salad Mayonnaise Packet Mustard Packet Fig Newtons Applesauce 1% Plain Milk</p> <p>Veg: Cheese Sandwich w/ Hummus</p>	<p>13</p> <p><u>Spaghetti with Meatballs</u> Tomato Sauce w/ Meatballs Spaghetti Peas and Carrots Cauliflower Italian Bread Slice Margarine 100% Apple Juice 1% Plain Milk</p> <p>Veg: Pasta w/ Meat-Less Crumbles</p>	<p>14</p> <p><u>Breaded Chicken Sandwich</u> Breaded Chicken Kaiser Roll Potato Salad Tossed Salad Mayonnaise Packet Ketchup Packet Salad Dressing Packet Lorna Doone Cookies Mandarin Oranges 1% Plain Milk</p> <p>Veg: Veggie Burger</p>	<p>15</p> <p><u>Baked Fish with Herb Sauce</u> Baked Fish with Herb Sauce Roasted Potatoes Collard Greens Succotash Cornbread Margarine 100% Orange Juice 1% Plain Milk</p> <p>Veg: Vegetarian Chili</p>

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16 <u>Beef and Broccoli</u> Beef and Broccoli Rice Pilaf California Blend Cabbage Dinner Roll Margarine 100% Apple Juice 1% Plain Milk Veg: Tofu and Broccoli	17 <u>Breaded Chicken Sandwich</u> Breaded Chicken Kaiser Roll Potato Salad Tossed Salad Mayonnaise Packet Ketchup Packet Salad Dressing Packet Graham Crackers Tropical Fruit Cup 1% Plain Milk Veg: Chix-Less Chef Salad	18 <u>Rotisserie Chicken</u> Rotisserie Chicken Buttered Egg Noodles Green Beans Squash Medley Corn Muffin Margarine 100% Grape Juice 1% Plain Milk Veg: Curry Vegetable Stew	19 <u>Corned Beef Sandwich</u> Corned Beef , Swiss Cheese Rye Bread Sauerkraut Carrot Raisin Salad Mayonnaise Packet Thousand Island Dressing Fig Newtons Cinnamon Applesauce 1% Plain Milk Veg: Beef-Less Burger	20 <u>Turkey Pot Roast</u> Turkey Pot Roast Sweet Potatoes Winter Mix Vegetables Spinach Biscuit Margarine 100% Orange Juice 1% Plain Milk Veg: Garden Veggie Patty	21 <u>Chicken Salad</u> Chicken Salad Saltine Crackers Three Bean Salad Beet Salad Dinner Roll Mayonnaise Packet Lorna Doone Cookies Peaches 1% Plain Milk Veg: Chix-Less Chicken Salad	22 <u>Stuffed Green Peppers</u> Stuffed Pepper w/ Tomato Sauce Spanish Rice Carrots Lima Beans Cornbread Margarine 100% Apple Juice 1% Plain Milk Veg: Beef-Less Crumbles w/ Sauce
23 <u>Chicken Stuffed w/ Wild Rice</u> Chicken Stuffed w/ Wild Rice AuGratin Potatoes Corn Capri Blend Dinner Roll Margarine 100% Grape Juice 1% Plain Milk Veg: Chix-Less Breast	24 <u>Turkey Ham & Swiss Sandwich</u> Turkey Ham , Swiss Cheese Marble Rye Bread Broccoli Salad Roasted Vegetables Mayonnaise Packet Mustard Packet Graham Crackers Applesauce 1% Plain Milk Veg: Black Bean Burger	25 <u>BBQ Salmon</u> BBQ Salmon Wild Rice Blend Collard Greens Black-Eye Peas Raisin Bread Margarine 100% Orange Juice 1% Plain Milk Veg: Vegetarian Chili	26 <u>Chicken Drumsticks</u> Oven Fried Chicken Drumsticks Potato Salad Spinach Salad Salad Dressing Packet Cornbread Fig Newtons Margarine Banana, Fresh 1% Plain Milk Veg: Chix-Less Nuggets	27 <u>Turkey w/ Gravy</u> Roast Turkey w/ Gravy Macaroni and Cheese Green Beans Glazed Carrots Dinner Roll Margarine 100% Apple Juice 1% Plain Milk Veg: BBQ BeefLess Patty	28 <u>Roast Beef and Cheese Sub</u> Roast Beef , American Cheese Sub Roll Corn Salad Tossed Salad Mayonnaise Packet Mustard Packet Salad Dressing Packet Lorna Doone Cookies Mandarin Oranges 1% Plain Milk Veg: Roasted Balsamic Veggies and Swiss Cheese Sandwich	29 <u>Chicken Teriyaki</u> Chicken Teriyaki Fried Rice Oriental Vegetables Snow Peas Wheat Bread Duck Sauce 100% Grape Juice 1% Plain Milk Veg: Chix-Less Teriyaki
30 <u>Pepper Steak w/ Gravy</u> Pepper Steak with Gravy Mashed Potatoes Squash Medley Broccoli Biscuit Margarine 100% Orange Juice 1% Plain Milk Veg: Beef-Less Crumbles w/ Sauce						