Catholic Charities Enterprises: FRAIL HOMEBOUND MENU - May 2015

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
				1		1 **Rotisserie Chicken** Rotisserie Chicken 3-oz Red Skin Potato 1/2-cup Black-eyed Peas 1/2-cup Yellow Squash 1/2-cup Biscuit 2-oz Margarine 100% Apple Juice 6-oz 1% Milk 8-oz Veg: Sweet & Sour Edamame w/ Bulgur
2 **Beef and Broccoli** Beef and Broccoli 4-oz Fried Rice 1/2-cup Carrots 1/2-cup Green Peas 1/2-cup Egg Roll 2-oz Duck Sauce 100% Orange Juice 6-oz 1% Milk 8-oz Veg: Mexican Casserole w/ Beans	3 **Turkey Ham and Cheese** Turkey Ham 2-oz, Cheese 1-oz Wheat Bread 2-oz Potato Salad 1/2-cup Corn Salad 1/2-cup Mustard, Mayonnaise Packet Cinnamon Applesauce 1/2-cup 1% Milk 8-oz Veg: Vegetable Muffuletta	4 **Crab Cake** Crab Cake 3-oz Rice Pilaf 1/2-cup Cabbage 1/2-cup Corn Muffin 2-oz Tartar Sauce Packet 100% Grape Juice 6-oz 1% Milk 8-oz Veg: Ratatouille w/ Bulgur	5 **Breaded Chicken Sandwich** Breaded Chicken Patty 3-oz Wheat Bun 2-oz Lima Bean Salad 1/2-cup Corn Pudding 1/2-cup Ketchup, Mayonnaise Packet Peaches 1/2-cup 1% Milk 8-oz Veg: Macaroni Salad w/ Egg	6 **Beef Hot Dog** Beef Hot Dog 3-oz Wheat Bun 2-oz Potato Wedges 1/2-cup Baked Beans 1/2-cup Broccoli 1/2-cup Ketchup, Mustard Packet 100% Orange Juice 6-oz 1% Milk 8-oz Veg: Lentils w/ Wild Rice	7 **Chicken Salad** Chicken Salad 3-oz Pasta Salad 1/2-cup French Cut Green Beans 1/2-cup Carrot/Orange Salad 1/2-cup Saltine Crackers 4-pkts Mayonnaise Packet Mandarin Oranges 1/2-cup 1% Milk 8-oz Veg: Cheese Tortellini w/ Pesto	8 **Salisbury Steak** Salisbury Steak 3-oz Mashed Potatoes w/ Gravy 1/2-cup Brussel Sprouts 1/2-cup Biscuit 2-oz Margarine 100% Apple Juice 6-oz 1% Milk 8-oz Veg: Eggplant Parmesan
9 **Herb Crusted Fish** Herb Crusted Fish 3-oz Rice Pilaf 1/2-cup Black-eyed Peas 1/2-cup Asparagus 1/2-cup Dinner Roll 1-oz Margarine 100% Grape Juice 6-oz 1% Milk 8-oz Veg: Roasted Vegetables with Tofu	10 **Grilled Chicken on Onion Roll** Grilled Chicken 3-oz Onion Roll 2-oz Kidney Bean Salad 1/2-cup Spinach Salad 1/2-cup Ketchup, Mayonnaise, Salad Dressing Fruit Cocktail 1/2-cup 1% Milk 8-oz Veg: Asian Pasta Salad w/ Edamame	11 **Spaghetti w/ Meatballs** Meatballs w/ Tomato Sauce 4-oz Spaghetti 1/2-cup Corn 1/2-cup Green Beans 1/2-cup Dinner Roll 1-oz Margarine 100% Grape Juice 6-oz 1% Milk 8-oz Veg: Vegetarian Salad w/ Lentils	12 **Egg Salad on Croissant** Egg Salad 3-oz Croissant 2-oz Beet Salad 1/2-cup Tomato and Cucumber Salad 1/2-cup Mayonnaise Applesauce 1/2-cup 1% Milk 8-oz Veg: Cheese and Veggie Sandwich	13 **Turkey Pot Roast** Turkey Pot Roast 3-oz Roasted Potatoes 1/2-cup Carrots 1/2-cup Creamed Spinach 1/2-cup Corn Muffin 2-oz Margarine 100% Orange Juice 6-oz 1% Milk 8-oz Veg: Vegetarian Fried Rice	14 **BBQ Beef** BBQ Beef 3-oz Wheat Bun 2-oz Chick Pea Salad 1/2-cup Corn Pudding 1/2-cup Mustard Packet Tropical Fruit Cup 1/2-cup 1% Milk 8-oz Veg: Falafel w/ Tzatziki Sauce	15 **Chicken Parmesan** Chicken Parmesan 3-oz Penne Pasta 1/2-cup Broccoli 1/2-cup Green Peas 1/2-cup Italian Bread Slice 1-oz Margarine 100% Orange Juice 6-oz 1% Milk 8-oz Veg: Pasta Casserole w/ Cheese Sauce
16 **Crispy Chicken** Crispy Chicken 3-oz Scalloped Potatoes 1/2-cup Creamed Spinach 1/2-cup Biscuit 2-oz Margarine 100% Apple Juice 6-oz 1% Milk 8-oz Veg: Mexican Casserole w/ Beans	17 **Crab Cake Sandwich** Crab Cake 3-oz Wheat Bun 2-oz Lima Bean Salad 1/2-cup Cole Slaw 1/2-cup Tartar Sauce 1 pkt Banana, Fresh 1% Milk 8-oz Veg: Vegetable Muffuletta	18 **Lasagna** Lasagna 8-oz Green Peas 1/2-cup Yellow Squash 1/2-cup Italian Bread Slice 1-oz Margarine 100% Grape Juice 6-oz 1% Milk 8-oz Veg: Eggplant Parmesan	19 **Turkey Club on Wheat Bread** Turkey 2-oz, Turkey Bacon 1-oz Wheat Bread 2-oz Beet Salad 1/2-cup Tossed Salad 1/2-cup Mustard, Mayonnaise, Salad Dressing Applesauce 1/2-cup 1% Milk 8-oz Veg: Macaroni Salad w/ Egg	20 **Pepper Steak** Pepper Steak 3-oz Rice 1/2-cup Brussel Sprouts 1/2-cup Cream Style Corn 1/2-cup Dinner Roll 1-oz Margarine 100% Orange Juice 6-oz 1% Milk 8-oz Veg: Lentils w/ Wild Rice	21 **Chicken Drumstick** Chicken Drumsticks 4-oz (2 each) Potato Salad 1/2-cup French Cut Green Beans 1/2-cup Corn Muffin 2-oz Margarine Mandarin Oranges 1/2-cup 1% Milk 8-oz Veg: Cheese Tortellini w/ Pesto	22 **Baked Fish** Baked Fish 3-oz Macaroni and Cheese 1/2-cup Succotash 1/2-cup Carrots 1/2-cup Dinner Roll 1-oz Margarine 100% Apple Juice 6-oz 1% Milk 8-oz Veg: Ratatouille w/ Bulgur

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23 **Pulled Turkey w/ Gravy** Pulled Turkey w/ Gravy 3-oz Mashed Potatoes 1/2-cup Cabbage 1/2-cup Corn 1/2-cup Biscuit 2-oz Margarine 100% Orange Juice 6-oz 1% Milk 8-oz Veg: Vegetarian Chili	24 **Grilled Cheese Sandwich** American Cheese 2-oz Wheat Bread 2-oz Creamed Spinach 1/2-cup Kidney Bean Salad 1/2-cup Margarine Peaches 1/2-cup 1% Milk 8-oz Veg: Roasted Eggplant w/ Provolone	25 **Penne w/ Meatsauce** Meatsauce 4-oz Penne Pasta 1/2-cup Broccoli 1/2-cup Zucchini 1/2-cup Italian Bread Slice 1-oz Margarine 100% Grape Juice 6-oz 1% Milk 8-oz Veg: BBQ Tofu	26 **Seafood Salad on Sub** Seafood Salad 1/2-cup Sub Roll 2-oz Pea Salad 1/2-cup Tossed Salad 1/2-cup Salad Dressing & Mayonnaise Packet Fruit Cocktail 1/2-cup 1% Milk 8-oz Veg: Macaroni Salad w/ Egg	27 **Chicken Stuffed w/ Broccoli** Chicken Stuffed w/ Broccoli 5-oz Rice Pilaf 1/2-cup Carrots 1/2-cup Asparagus 1/2-cup Dinner Roll 1-oz Margarine 100% Orange Juice 6-oz 1% Milk 8-oz Veg: Tortilla Casserole w/ Black Beans	28 **Corned Beef on Marble Rye** Corned Beef 2-oz, Swiss Cheese 1-oz Marble Rye 2-oz Cole Slaw 1/2-cup Chick Pea Salad 1/2-cup Mustard & Mayonnaise Packet Applesauce 1/2-cup 1% Milk 8-oz Veg: Vegetarian Salad w/ Lentils	29 **Honey Dijon Chicken** Honey Dijon Chicken 3-oz Roasted Potatoes 1/2-cup Green Beans 1/2-cup Corn Muffin 2-oz Margarine 100% Apple Juice 6-oz 1% Milk 8-oz Veg: Falafel w/ Tzatziki Sauce
30 **Meatballs with Gravy** Meatballs with Gravy 3-oz Egg Noodles 1/2-cup Succotash 1/2-cup Yellow Squash 1/2-cup Dinner Roll 1-oz Margarine 100% Grape Juice 6-oz 1% Milk 8-oz Veg: Vegetarian Lo Mein						