

## Catholic Charities Enterprises: DCOA Congregate Halal Meal Service - July 2016

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Curry Chicken Wrap Lettuce and Tomato Corn Salad Tossed Salad w/ Dressing Wrap Mayonnaise/Mustard Packet Fruit Cocktail Milk 1%
4 Independence Day	5 Tex-Mex Macaroni w/ Beef  Spinach Tossed Salad w/ Dressing Wheat Roll Margarine 100% Orange Juice Yogurt	6 Mediterranean Chicken Rice Carrots Tossed Salad w/ Dressing Pita Bread Margarine Tropical Fruit Cup Milk 1%	7 Grilled Salmon Burger French Fries Onion Vinaigrette, Lettuce, Tomato Tossed Salad w/ Dressing Wheat Bun Tartar Sauce 100% Apple Juice Yogurt	8 Roast Beef Sandwich Lettuce and Tomato Three Bean Salad Tossed Salad w/ Dressing Wheat Bread Mayonnaise/Mustard Packet Peaches Milk 1%
11 Curry Chicken Basmati Rice Chick Peas Tossed Salad w/ Dressing Pita Wheat Bread Margarine Fruit Cocktail Milk 1%	12 Salisbury Steak Corn Green Beans Tossed Salad w/ Dressing Wheat Roll Margarine 100% Grape Juice Yogurt	13 Roasted Rosemary Chicken Couscous Broccoli Tossed Salad w/ Dressing Corn Muffin Margarine Banana, Fresh Milk 1%	14 Spaghetti with Meat Sauce  Zucchini Tossed Salad w/ Dressing Garlic Bread Margarine 100% Orange Juice Yogurt	15 Tuna Wrap Lettuce and Tomato Carrot Raisin Salad Tossed Salad w/ Dressing Wrap Mayonnaise/Tartar Sauce Packet Mandarin Oranges Milk 1%
18 Oven Fried Flounder Oven Roasted Potatoes Cabbage Tossed Salad w/ Dressing Corn Bread Margarine Peaches Milk 1%	19 Chicken Masala Basmati Rice Spinach Tossed Salad w/ Dressing Pita Wheat Bread Margarine 100% Apple Juice Yogurt	20 Meatloaf Mashed Potatoes w/ Gravy Green Beans Tossed Salad w/ Dressing Wheat Roll Margarine Tropical Fruit Cup Milk 1%	21 Chicken Stew Rice Carrots Tossed Salad w/ Dressing Corn Bread Margarine 100% Grape Juice Yogurt	22 Turkey Ham & Cheese Lettuce and Tomato Three Bean Salad Tossed Salad w/ Dressing Wheat Bread Mayonnaise/Mustard Packet Applesauce Milk 1%
25 Spaghetti with Meatballs  String Beans Tossed Salad w/ Dressing Garlic Bread Margarine Mandarin Oranges Milk 1%	26 Stir Fry Chicken Rice Stir Fry Vegetables Tossed Salad w/ Dressing Egg Rolls Duck Sauce 100% Orange Juice Yogurt	27 Grilled Salmon Oven Roasted Potatoes Carrots Tossed Salad w/ Dressing Pita Bread Margarine Banana, Fresh Milk 1%	28 Oven Fried Chicken Macaroni and Cheese Collard Greens Tossed Salad w/ Dressing Corn Bread Margarine 100% Apple Juice Yogurt	29 Turkey on Croissant Lettuce and Tomato Chick Pea Salad Tossed Salad w/ Dressing Croissant Mayonnaise/Mustard Packet Fruit Cocktail Milk 1%