

Catholic Charities Enterprises: DCOA Congregate Halal Meal Service - March 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Beef Lo Mein Lo Mein Noodles Sugar Snap Peas Tossed Salad w/ Dressing Egg Rolls Duck Sauce Banana, Fresh	Chicken Stew Rice Potatoes and Carrots Tossed Salad w/ Dressing Corn Bread Margarine 100% Grape Juice	Meatloaf Mashed Potatoes Asparagus Tossed Salad w/ Dressing Garlic Bread Margarine Tropical Fruit Cup	Turkey Sandwich Three Bean Salad Lettuce and Tomato Tossed Salad w/ Dressing Wheat Bread Mayonnaise/Mustard Packet 100% Orange Juice
7	8	9	10	11
Oven Roasted Chicken Macaroni and Cheese Collard Greens Tossed Salad w/ Dressing Corn Bread Margarine 100% Apple Juice	Salisbury Steak Roasted Red Potatoes Spinach Tossed Salad w/ Dressing Wheat Dinner Roll Margarine Banana, Fresh	Garlic Lemon Chicken Couscous Zucchini Tossed Salad w/ Dressing Wheat Dinner Roll Margarine 100% Grape Juice	Meatsauce Spaghetti Vegetable Medley Tossed Salad w/ Dressing Garlic Bread Margarine Tropical Fruit Cup	Tuna Sandwich Cole Slaw Lettuce and Tomato Tossed Salad w/ Dressing Wheat Bread Mayonnaise/Mustard Packet 100% Orange Juice
14	15	16	17	18
Sweet and Sour Chicken Fried Rice Steamed Broccoli Tossed Salad w/ Dressing Egg Rolls Duck Sauce 100% Apple Juice	Baked Tilapia Potato Salad Steamed Carrots Tossed Salad w/ Dressing Corn Bread Margarine, Tartar Sauce Banana, Fresh	Tandoori Chicken Rice with Raisins ChickPeas Tossed Salad w/ Dressing Pita Bread Margarine 100% Grape Juice	Oven Fried Flounder Baked Beans Cabbage Tossed Salad w/ Dressing Corn Bread Margarine, Tartar Sauce Tropical Fruit Cup	Curry Chicken Wrap Carrot Raisin Salad Lettuce and Tomato Tossed Salad w/ Dressing Wrap Mayonnaise/Mustard Packet 100% Orange Juice
21	22	23	24	25
BBQ Chicken Sauteed String Beans Cabbage Tossed Salad w/ Dressing Corn Bread Margarine 100% Apple Juice	Beef Taco Corn Lettuce and Tomato Tossed Salad w/ Dressing Taco Shell Taco Sauce Banana, Fresh	Chicken Stew w/ Potatoes Rice Carrots Tossed Salad w/ Dressing Corn Bread Margarine 100% Grape Juice	Meatloaf Mashed Potatoes w/ Gravy Steamed Broccoli Tossed Salad w/ Dressing Wheat Dinner Roll Margarine Tropical Fruit Cup	Tuna Wrap Cucumber Salad Lettuce and Tomato Tossed Salad w/ Dressing Honey Wheat Wrap Mayonnaise/Mustard Packet 100% Orange Juice
28	29	30	31	
Chicken Tikka Rice and Chickpeas Spinach Tossed Salad w/ Dressing Flat Bread Margarine 100% Apple Juice	Lasagna w/ Meatsauce Vegetable Medley Tossed Salad w/ Dressing Garlic Bread Margarine Banana, Fresh	Grilled Salmon Couscous Curry Vegetable Tossed Salad w/ Dressing Corn Bread Margarine 100% Grape Juice	Roasted Rosemary Chicken Baked Beans, Vegetarian Cole Slaw Tossed Salad w/ Dressing Corn Muffin Margarine Tropical Fruit Cup	