

Catholic Charities Enterprises: DCOA Congregate Halal Meal Service - October 2014

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Tandoori Chicken Rice with Raisins Chickpeas Caesar Salad w/ Dressing Pita Bread Margarine 100% Grape Juice	Oven Fried Whiting Oven Roasted Potatoes Cabbage Tossed Salad w/ Dressing Corn Bread Margarine Applesauce	Turkey on Croissant Lettuce and Tomato Pasta Salad Cobb Salad w/ Dressing Croissant Mayonnaise/Mustard Packet 100% Orange Juice
6	7	8	9	10
Lasagna w/ Meatsauce Vegetable Medley Tossed Salad w/ Dressing Garlic Bread Margarine 100% Apple Juice	Oven Fried Flounder Macaroni and Cheese Collard Greens Tossed Salad w/ Dressing Corn Bread Margarine Banana, Fresh	Garlic Lemon Chicken Roasted Red Potatoes Mixed Vegetables Caesar Salad w/ Dressing Wheat Dinner Roll Margarine 100% Grape Juice	Stir Fry with Beef Rice Mixed Vegetables Tossed Salad w/ Dressing Egg Roll Margarine Peach Cup	Curry Chicken Wrap Lettuce and Tomato Carrot Raisin Salad Cobb Salad w/ Dressing Wrap Mayonnaise/Mustard Packet 100% Orange Juice
13	14	15	16	17
Columbus Day	Spaghetti w/ Meatsauce Zucchini Tossed Salad w/ Dressing Garlic Bread Margarine Mandarin Oranges	Grilled Salmon Burger Lettuce and Tomatoes French Fries Caesar Salad w/ Dressing Bun Tartar Sauce 100% Grape Juice	Curry Chicken Basmati Rice Carrots and Peas Tossed Salad w/ Dressing Wheat Pita Bread Margarine Tropical Fruit Cup	Roast Beef Sandwich Lettuce and Tomato Cucumber Salad Cobb Salad w/ Dressing Wheat Bread Mayonnaise/Mustard Packet 100% Orange Juice
20	21	22	23	24
Tex-Mex Macaroni w/ Ground Beef Sauteed Spinach Tossed Salad w/ Dressing Pita Bread Margarine 100% Apple Juice	BBQ Chicken Potato Salad Steamed Squash Tossed Salad w/ Dressing Wheat Roll Margarine Peach Cup	Meatloaf Rice Asparagus Caesar Salad w/ Dressing Garlic Bread Margarine 100% Grape Juice	Baked Tilapia Sauteed String Beans Tossed Salad w/ Dressing Wheat Roll Margarine Tropical Fruit Cup	Tuna Sandwich Lettuce and Tomato Cole Slaw Cobb Salad w/ Dressing Wheat Bread Mayonnaise/Mustard Packet 100% Orange Juice
27	28	29	30	31
Grilled Chicken w/ Alfredo Sauce Penne Pasta Steamed Broccoli Tossed Salad w/ Dressing Wheat Bread Margarine 100% Apple Juice	Grilled Salmon CousCous Pickled Beets Tossed Salad w/ Dressing Corn Bread Margarine Banana, Fresh	Tandoori Chicken Rice with Raisins Chickpeas Caesar Salad w/ Dressing Pita Bread Margarine 100% Grape Juice	Oven Fried Whiting Oven Roasted Potatoes Cabbage Tossed Salad w/ Dressing Corn Bread Margarine Applesauce	Turkey on Croissant Lettuce and Tomato Pasta Salad Cobb Salad w/ Dressing Croissant Mayonnaise/Mustard Packet 100% Orange Juice