

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Grilled Salmon Burger Lettuce, Tomato, Onion Vinaigrette French Fries Tossed Salad w/ Dressing Wheat Bun Margarine Banana, Fresh	Grilled Chicken w/ Alfredo Sauce Penne Pasta Mixed Vegetables Caesar Salad w/ Dressing Garlic Toast Margarine 100% Grape Juice	Salisbury Steak Rice Asparagus Tossed Salad w/ Dressing Wheat Bread Ketchup, Tartar Sauce Packet Peach Cup	HOLIDAY
7	8	9	10	11
Chicken Tetrizzini Steamed Zucchini Tossed Salad w/ Dressing Wheat Roll Margarine 100% Apple Juice	Spaghetti w/ Meatballs Broccoli Normandy Tossed Salad w/ Dressing Garlic Bread Margarine Mandarin Oranges	Beef and Broccoli Fried Rice Caesar Salad w/ Dressing Vegetable Spring Rolls Margarine 100% Grape Juice	Oven Fried Chicken Macaroni and Cheese Collard Greens Tossed Salad w/ Dressing Cornbread Margarine Tropical Fruit Cup	Turkey on Croissant Croissant Lettuce and Tomato Cobb Salad w/ Dressing Cucumber Salad Mayonnaise/Mustard Packet 100% Orange Juice
14	15	16	17	18
Oven Fried Cod Sweet Potatoes Green Beans Tossed Salad w/ Dressing Wheat Roll Margarine 100% Apple Juice	Chicken Masala Basmati Rice Spinach Tossed Salad w/ Dressing Wheat Bread Margarine Peach Cup	Meatloaf Mashed Potatoes w/ Gravy Steamed Broccoli Caesar Salad w/ Dressing Wheat Roll Margarine 100% Grape Juice	Oven Fried Flounder Oven Roasted Potatoes Cabbage Tossed Salad w/ Dressing Cornbread Margarine Tropical Fruit Cup	Tuna Sandwich Lettuce and Tomato Cucumber Salad Cobb Salad w/ Dressing Wheat Bread Mayonnaise/Mustard Packet 100% Orange Juice
21	22	23	24	25
BBQ Chicken Sauteed String Beans Cabbage Tossed Salad w/ Dressing Cornbread Margarine 100% Apple Juice	Lasagna with Meatsauce Vegetable Medley Tossed Salad w/ Dressing Garlic Bread Margarine Banana, Fresh	Grilled Salmon CousCous Curry Vegetable Caesar Salad w/ Dressing Cornbread Margarine 100% Grape Juice	Rosemary Chicken Vegetarian Baked Beans Cole Slaw Tossed Salad w/ Dressing Corn Muffin Margarine Mandarin Oranges	Turkey Ham and Cheese Lettuce and Tomato Cole Slaw Cobb Salad w/ Dressing Wheat Bread Mayonnaise/Mustard Packet 100% Orange Juice
28	29	30	31	
Spaghetti w/ Meatsauce Zucchini Tossed Salad w/ Dressing Garlic Bread Margarine 100% Apple Juice	Chicken Tikka Rice and Chick Peas Spinach Tossed Salad w/ Dressing Flatbread Margarine Fruit Cup	Beef Taco Lettuce and Tomato Corn Caesar Salad w/ Dressing Tortilla Taco Sauce Packet 100% Grape Juice	Parmesan Crusted Tilapia Garlic Roasted Potatoes Green Beans Tossed Salad w/ Dressing Wheat Bread Margarine Applesauce	