

Catholic Charities Enterprises: HOME DELIVERED MENU - June 2017

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					1 <u>Greek Salad with Grilled Chicken</u> Grilled Chicken 3-oz Greek Salad 2-cups Chickpea Salad 1/2-cup Pita Bread 2-oz Salad Dressing Tropical Fruit Cup 1/2-cup 1% Milk 8-oz Veg: Hummus with Pita	2 <u>Turkey Chop with Gravy</u> Turkey Chop 3-oz Gravy 1-oz Wild Rice Blend 1/2-cup Okra and Tomatoes 1/2-cup Black-eyed Peas 1/2-cup Dinner Roll 1-oz Butter Peaches 1/2-cup 1% Milk 8-oz Veg: ChixLess Nuggets
3 <u>Chicken Drumsticks</u> Chicken Drumsticks (2 each) Macaroni and Cheese 1/2-cup Stewed Tomatoes 1/2-cup Broccoli 1/2-cup Dinner Roll 1-oz Butter 100% Apple Juice 4-oz Yogurt 6-oz Veg: Macaroni and Cheese	4 <u>Tuna Salad on Sub</u> Tuna Salad 1/2-cup Sub Roll 2-oz Citrus Carrot Salad 1/2-cup Three Bean Salad 1/2-cup Mayonnaise Packet Fruit Cocktail 1/2-cup 1% Milk 8-oz Veg: Cheese and Veggie Sandwich	5 <u>Pepper Steak</u> Pepper Steak 4-oz Brown Rice 1/2-cup Lima Beans 1/2-cup Zucchini 1/2-cup Dinner Roll 1-oz Butter 100% Grape Juice 4-oz Yogurt 6-oz Veg: Black Bean Burger	6 <u>Grilled Chicken Caesar Salad</u> Grilled Chicken 3-oz Romaine Salad 2-cups Croutons 0.5oz, Parmesan Cheese Pkt Corn Salad 1/2-cup Whole Grain Biscuit 2-oz Butter, Salad Dressing Cinnamon Applesauce 1/2-cup 1% Milk 8-oz Veg: Chickpea Salad	7 <u>Penne w/ Beef Meatsauce</u> Meatsauce 4-oz Penne Pasta 1/2-cup Green Beans 1/2-cup Cauliflower 1/2-cup Italian Bread Slice 1-oz Butter 100% Orange Juice 4-oz Yogurt 6-oz Veg: Soy Crumbles in Tomato Sauce	8 <u>Seafood Salad on Croissant</u> Seafood Salad 3-oz Croissant 2-oz Cucumber and Tomato Salad 1/2-cup Spinach Salad 1-cup Tartar Sauce, Salad Dressing Pineapple 1/2-cup 1% Milk 8-oz Veg: Egg Salad on Croissant	9 <u>Sweet and Sour Chicken</u> Sweet and Sour Chicken 4-oz Fried Rice 1/2-cup Cabbage 1/2-cup Carrots 1/2-cup Egg Roll 2-oz Duck Sauce Mandarin Oranges 1/2-cup 1% Milk 8-oz Veg: Sweet and Sour Tofu
10 <u>Cheese Tortellini</u> Cheese Tortellini w/ Pesto 4-oz Cauliflower 1/2-cup Zucchini 1/2-cup Dinner Roll 1-oz Butter 100% Grape Juice 4-oz Yogurt 6-oz Veg: Cheese Tortellini w/ Pesto	11 <u>Cobb Salad with Chicken</u> Grilled Chicken 2-oz, Hard Boil Egg 1-oz Turkey Bacon 0.5-oz Cobb Salad Mix 2-cups Chickpea Salad 1/2-cup Corn Muffin 2-oz Butter, Salad Dressing Cinnamon Applesauce 1/2-cup 1% Milk 8-oz Veg: ChixLess Nuggets	12 <u>Crab Cake</u> Crab Cake 3-oz Red Skin Potatoes 1/2-cup Corn 1/2-cup Biscuit 2-oz Tartar Sauce, Butter 100% Orange Juice 4-oz Yogurt 6-oz Veg: Black Bean Casserole	13 <u>Turkey Ham and Swiss</u> Turkey Ham 2-oz, Swiss Cheese 1-oz Wheat Bun 2-oz Cucumber and Tomato Salad 1/2-cup Spinach Salad 1-cup Mustard, Mayonnaise, Salad Dressing Tropical Fruit Cup 1/2-cup 1% Milk 8-oz Veg: Garden Burger with Swiss Cheese	14 <u>Beef Hot Dog</u> Beef Hot Dog 3-oz Hot Dog Bun 2-oz Steak Fries 1/2-cup Baked Beans 1/2-cup Ketchup, Mustard Packet 100% Apple Juice 4-oz Yogurt 6-oz Veg: BBQ Tofu	15 <u>Chicken Drumstick</u> Chicken Drumstick 4-oz (2 each) Macaroni Salad 1/2 cup Green Bean Vinaigrette 1/2-cup Citrus Carrot Salad 1/2-cup Dinner Roll 1-oz Butter Peaches 1/2-cup 1% Milk 8-oz Veg: Macaroni Salad with Egg	16 <u>Salisbury Steak</u> Salisbury Steak 3-oz Mashed Potatoes w/ Gravy 1/2-cup Succotash 1/2-cup Corn Muffin 2-oz Butter Applesauce 1/2-cup 1% Milk 8-oz Veg: Falafel Patty
17 <u>Herb Crusted Fish</u> Herb Crusted Fish 4-oz Rice Pilaf 1/2-cup Cabbage 1/2-cup Carrots 1/2-cup Dinner Roll 1-oz Butter 100% Orange Juice 4-oz Yogurt 6-oz Veg: Warm Edamame Salad	18 <u>Turkey Club on Wheat Bread</u> Turkey 2-oz, Turkey Bacon 1-oz Wheat Bread 2-oz Potato Salad 1/2-cup Roasted Vegetable Salad 1/2-cup Mustard, Mayonnaise Applesauce 1/2-cup 1% Milk 8-oz Veg: Hummus with Pita	19 <u>Chicken Parmesan</u> Chicken Parmesan 3-oz Penne Pasta 1/2-cup Green Beans 1/2-cup Cauliflower 1/2-cup Italian Bread Slice 1-oz Butter 100% Apple Juice 4-oz Yogurt 6-oz Veg: Cheese Tortellini w/ Marinara	20 <u>Egg Salad on Croissant</u> Egg Salad 3-oz Croissant 2-oz Three Bean Salad 1/2-cup Diced Beet Salad 1/2-cup Mayonnaise Pineapple 1/2-cup 1% Milk 8-oz Veg: Cheese and Veggie Sandwich	21 <u>Turkey Pot Roast</u> Turkey Pot Roast 3-oz Mashed Potatoes w/ Gravy 1/2-cup Broccoli 1/2-cup Sweet Peas 1/2-cup Biscuit 2-oz Butter 100% Grape Juice 4-oz Yogurt 6-oz Veg: Grilled Tofu	22 <u>Southwest Chicken Salad</u> Grilled Chicken Strips 3-oz Mixed Green Salad Mix 2-cups Corn and Black Bean Salad 1/2-cup Corn Muffin 2-oz Butter, Salad Dressing Tropical Fruit Cup 1/2-cup 1% Milk 8-oz Veg: Chickpea Salad	23 <u>Beef Fajitas</u> Beef Fajitas 3-oz Rice and Beans 1/2-cup Bell Peppers and Onions 1/2-cup Refried Beans 1/2-cup Flour Tortilla 1-oz Mild Taco Sauce Banana, Fresh 1% Milk 8-oz Veg: Black Bean Casserole
24 <u>BBQ Chicken Breast</u> BBQ Chicken Breast 3-oz Red Skin Potatoes 1/2-cup Collard Greens 1/2-cup Biscuit 2-oz Butter 100% Apple Juice 4-oz Yogurt 6-oz Veg: BBQ Tofu	25 <u>Crab Cake Sandwich</u> Crab Cake 3-oz Wheat Bun 2-oz Cole Slaw 1/2-cup Diced Beet Salad 1/2-cup Tartar Sauce 1 pkt Tropical Fruit Cup 1/2-cup 1% Milk 8-oz Veg: Black Bean Burger	26 <u>Lasagna</u> Lasagna 8-oz Green Beans 1/2-cup Zucchini 1/2-cup Italian Bread Slice 1-oz Butter 100% Grape Juice 4-oz Yogurt 6-oz Veg: Vegetable Lasagna	27 <u>Chef Salad</u> Turkey 1-oz, Turkey Ham 1-oz Hard Boil Egg, Cheddar Cheese 0.5-oz Romaine Salad Mix 2-cups Potato Salad 1/2-cup Corn Muffin 2-oz Butter, Salad Dressing Applesauce 1/2-cup 1% Milk 8-oz Veg: ChixLess Nuggets	28 <u>Beef Tips with Gravy</u> Beef Tips with Gravy 4-oz Brown Rice 1/2-cup Succotash 1/2-cup Carrots 1/2-cup Dinner Roll 1-oz Butter 100% Orange Juice 4-oz Yogurt 6-oz Veg: Lentils over Brown Rice	29 <u>Grilled Chicken on Onion Roll</u> Grilled Chicken 3-oz Three Bean Salad 1/2-cup Spinach Salad 1-cup Onion Roll 2-oz Ketchup, Mayonnaise, Salad Dressing Mandarin Oranges 1/2-cup 1% Milk 8-oz Veg: Falafel Patty	30 <u>Baked Cod</u> Baked Cod 3-oz Macaroni and Cheese 1/2-cup Stewed Tomatoes 1/2-cup Broccoli 1/2-cup Dinner Roll 1-oz Butter Banana, Fresh 1% Milk 8-oz Veg: Macaroni and Cheese