

## Catholic Charities Enterprises: HOME DELIVERED MENU - May 2017

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b><u>Crab Cake</u></b> 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	<b>2</b> <b><u>Turkey Ham and Swiss</u></b> Turkey Ham 2-oz, Swiss Cheese 1-oz Wheat Bread 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	<b>3</b> <b><u>Beef Hot Dog</u></b> 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	<b>4</b> <b><u>Chicken Drumstick</u></b> 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	<b>5</b> <b><u>Salisbury Steak</u></b> 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
<b>6</b> <b><u>Herb Crusted Fish</u></b> 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	<b>7</b> <b><u>Turkey Club on Wheat Bread</u></b> 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	<b>8</b> <b><u>Chicken Parmesan</u></b> 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	<b>9</b> <b><u>Egg Salad on Croissant</u></b> 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	<b>10</b> <b><u>Turkey Pot Roast</u></b> 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	<b>11</b> <b><u>Southwest Chicken Salad</u></b> 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	<b>12</b> <b><u>Beef Fajitas</u></b> 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
<b>13</b> <b><u>BBQ Chicken Breast</u></b> 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	<b>14</b> <b><u>Crab Cake Sandwich</u></b> 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	<b>15</b> <b><u>Lasagna</u></b> 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	<b>16</b> <b><u>Chef Salad</u></b> 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	<b>17</b> <b><u>Beef Tips with Gravy</u></b> 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	<b>18</b> <b><u>Grilled Chicken on Onion Roll</u></b> 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	<b>19</b> <b><u>Baked Cod</u></b> 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
<b>20</b> <b><u>Turkey Burger</u></b> Turkey Burger 3-oz Wheat Bun 2-oz Sweet Potato Fries 1/2-cup Brussel Sprouts 1/2-cup Ketchup, Mayonnaise 100% Grape Juice 4-oz Yogurt 6-oz  Veg: Garden Burger	<b>21</b> <b><u>Country Chicken Salad</u></b> Breaded Chicken Tender 3-oz Shredded Cheese 0.5-oz Corn Salad 1/2-cup Tossed Salad 2-cups Whole Grain Biscuit 2-oz Butter, Salad Dressing Peaches 1/2-cup 1% Milk 8-oz  Veg: ChixLess Nuggets	<b>22</b> <b><u>Meatloaf</u></b> Meatloaf 3-oz Mashed Potatoes w/ Gravy 1/2-cup Sweet Peas 1/2-cup Carrots 1/2-cup Corn Muffin 2-oz Butter 100% Orange Juice 4-oz Yogurt 6-oz  Veg: Black Bean Burger	<b>23</b> <b><u>Tuna Macaroni Salad</u></b> Tuna Macaroni Salad 8-oz Green Bean Vinaigrette 1/2-cup Cucumber Salad 1/2-cup Dinner Roll 1-oz Butter Fruit Cocktail 1/2-cup 1% Milk 8-oz  Veg: Macaroni Salad with Egg	<b>24</b> <b><u>Chicken Stuffed w/ Broccoli</u></b> Chicken Stuffed w/ Broccoli 5-oz Wild Rice Blend 1/2-cup Spinach 1/2-cup Cauliflower 1/2-cup Dinner Roll 1-oz Butter 100% Apple Juice 4-oz Yogurt 6-oz  Veg: Grilled Tofu	<b>25</b> <b><u>Corned Beef on Marble Rye</u></b> Corned Beef 2-oz, Swiss Cheese 1-oz Marble Rye 2-oz Cole Slaw 1/2-cup Chickpea Salad 1/2-cup Mustard & Mayonnaise Packet Cinnamon Applesauce 1/2-cup 1% Milk 8-oz  Veg: Cheese and Veggie Sandwich	<b>26</b> <b><u>Honey Dijon Chicken</u></b> Honey Dijon Chicken 3-oz Parslied Egg Noodles 1/2-cup Cabbage 1/2-cup Lima Beans 1/2-cup Dinner Roll 1-oz Butter Pineapple 1/2-cup 1% Milk 8-oz  Veg: Eggplant Parmesan
<b>27</b> <b><u>Beef Meatballs with Gravy</u></b> Meatballs with Gravy 3-oz Rice 1/2-cup Green Beans 1/2-cup Zucchini 1/2-cup Dinner Roll 1-oz Butter 100% Orange Juice 4-oz Yogurt 6-oz  Veg: Lentils over Rice	<b>28</b> <b><u>Chicken Salad on Croissant</u></b> Chicken Salad 3-oz Croissant 2-oz Cucumber and Tomato Salad 1/2-cup Spinach Salad 1-cup Salad Dressing & Mayonnaise Packet Applesauce 1/2-cup 1% Milk 8-oz  Veg: Egg Salad on Croissant	<b>29</b> <b><u>Salmon Salad</u></b> Salmon 3-oz Tossed Salad 2-cups Potato Salad 1/2-cup Biscuit 2-oz Butter, Salad Dressing 100% Apple Juice 4-oz Yogurt 6-oz  Veg: BBQ Tofu Salad	<b>30</b> <b><u>Turkey Ham &amp; Swiss on Pumpernickel</u></b> Turkey Ham 2-oz, Swiss Cheese 1-oz Pumpernickel Bread 2-oz Corn Salad 1/2-cup Diced Beet Salad 1/2-cup Mustard, Mayonnaise Cinnamon Applesauce 1/2-cup 1% Milk 8-oz  Veg: Falafel Patty	<b>31</b> <b><u>Beef Hamburger</u></b> Beef Hamburger 3-oz Steak Fries 1/2-cup Carrots 1/2-cup Wheat Bun 2-oz Ketchup, Mayonnaise 100% Grape Juice 4-oz Yogurt 6-oz  Veg: Garden Burger		