

Catholic Charities Enterprises: Congregate Meal Service - July 2013

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">1</p> <p>Meatloaf w/ Gravy 3-oz Baked Potato w/ Sour Cream 4-oz Carrots 4-oz Tossed Salad w/ Dressing 1-cup Corn Muffin 1.5-oz Margarine Apple Juice 6-oz</p> <p>Vegetarian: Veggie Patty</p>	<p style="text-align: right;">2</p> <p>Crab Cake 3-oz Rice Pilaf 4-oz Spinach 4-oz Corn Salad 4-oz Rye Bread Slice 1-each Margarine Tropical Fruit Cup 4-oz</p> <p>Vegetarian: Tofu Scramble</p>	<p style="text-align: right;">3</p> <p>Sloppy Joe 3-oz Potato Wedges 4-oz Squash Medley 4-oz Spinach Salad w/ Dressing 1-cup Wheat Bun 2-oz Mustard, Ketchup Packet Grape Juice 6-oz</p> <p>Vegetarian: Sloppy Joe w/ Veggie Crumbles</p>	<p style="text-align: right;">4</p> <p style="text-align: center;">HOLIDAY</p> 	<p style="text-align: right;">5</p> <p>Salisbury Steak w/ Gravy 3-oz Mashed Potatoes 4-oz Collard Greens 4-oz Caesar Salad w/ Dressing 1-cup Multigrain Bread Slice 1-each Margarine Orange juice 6-oz</p> <p>Vegetarian: BeefLess Patty w/ Veggie Gravy</p>
<p style="text-align: right;">8</p> <p>Beef Hot Dog 3-oz Cole Slaw 4-oz Baked Beans 4-oz Tossed Salad w/ Dressing 1-cup Wheat Hot Dog Bun 2-oz Mustard/Ketchup/Relish 1 packet Apple Juice 6-oz</p> <p>Vegetarian: Garden Burger</p>	<p style="text-align: right;">9</p> <p>Teriyaki Chicken 4-oz Fried Rice 4-oz Oriental Blend Vegetables 4-oz Cucumber Salad 4-oz Raisin Bread Slice 1-each Margarine Mandarin Oranges 4-oz</p> <p>Vegetarian: Teriyaki ChixLess Nuggets</p>	<p style="text-align: right;">10</p> <p>Sweet and Sour Meatballs 3-oz Egg Noodles 4-oz Green Beans 4-oz Spinach Salad w/ Dressing 1-cup Corn Muffin 1.5-oz Margarine Grape Juice 6-oz</p> <p>Vegetarian: Sweet and Sour Tofu</p>	<p style="text-align: right;">11</p> <p>Stuffed Chicken w/ Gravy 3-oz Roasted Potatoes 4-oz Capri Blend Vegetables 4-oz Tomato Basil Soup 6-oz Crackers 3-pkts Margarine Fruit Cup 4-oz</p> <p>Vegetarian: ChixLess Patty w/ Veggie Gravy</p>	<p style="text-align: right;">12</p> <p>Turkey Burger 3-oz Steak Fries 4-oz Squash Medley 4-oz Caesar Salad w/ Dressing 1-cup Whole Wheat Bun 2-oz Ketchup/Mustard Packets Orange juice 6-oz</p> <p>Vegetarian: BeefLess Patty</p>
<p style="text-align: right;">15</p> <p>Egg Salad on Croissant 4-oz Macaroni Salad 4-oz Carrot Raisin Salad 4-oz Tossed Salad w/ Dressing 1-cup Croissant 1.25-oz Mayo/Mustard Packets Apple Juice 6-oz</p> <p>Vegetarian: ChixLess Teriyaki</p>	<p style="text-align: right;">16</p> <p>Beef and Broccoli 4-oz White Rice 4-oz Oriental Vegetables 4-oz Pickled Sliced Beets 4-oz Pumpernickel Slice 1-oz Margarine Cinnamon Applesauce 4-oz</p> <p>Vegetarian: Cheese Ravioli w/ Marinara</p>	<p style="text-align: right;">17</p> <p>Turkey Chop 3-oz Mashed Potatoes w/ Gravy 4-oz Mixed Vegetables 4-oz Spinach Salad w/ Dressing 1-cup Corn Muffin 1.5-oz Margarine Grape Juice 6-oz</p>  <p>Vegetarian: ChixLess Patty w/ Gravy</p>	<p style="text-align: right;">18</p> <p>Baked Chicken 3-oz Sweet Potatoes 4-oz Spinach 4-oz Beef and Barley Soup 6-oz Crackers 3-pkts Margarine Peach Cup 4-oz</p> <p>Vegetarian: Egg Salad</p>	<p style="text-align: right;">19</p> <p>Baked Fish 3-oz Wild Rice Pilaf 4-oz Green Beans 4-oz Caesar Salad w/ Dressing 1-cup Multigrain Bread Slice 1-oz Margarine Orange juice 6-oz</p> <p>Vegetarian: Veggie Patty w/ Gravy</p>
<p style="text-align: right;">22</p> <p>Grilled Chicken Sandwich 3-oz Corn 4-oz Squash Medley 4-oz Tossed Salad w/ Dressing 1-cup Wheat Bun 2-oz Mayo/Ketchup Packet Apple Juice 6-oz</p> <p>Vegetarian: ChixLess Sandwich</p>	<p style="text-align: right;">23</p> <p>Stuffed Pepper 1 each Wild Rice Blend 4-oz Glazed Carrots 4-oz Lima Beans 4-oz Raisin Bread Slice 1-oz Margarine Applesauce 4-oz</p> <p>Vegetarian: BeefLess Strips w/ Gravy</p>	<p style="text-align: right;">24</p> <p>Shredded BBQ Chicken 3-oz Roasted Potatoes 4-oz Broccoli 4-oz Spinach Salad w/ Dressing 1-cup Corn Muffin 1.5-oz Margarine Grape Juice 6-oz</p> <p>Vegetarian: BBQ Tofu</p>	<p style="text-align: right;">25</p> <p>Tuna Salad on Marble Rye Pasta Salad 4-oz Cucumber and Tomato Salad 4-oz Italian Wedding Soup 6-oz Crackers 3-pkts Mayo/Mustard Packets Tropical Fruit Cup 4-oz</p> <p>Vegetarian: Egg Salad Sandwich</p>	<p style="text-align: right;">26</p> <p>Pulled Turkey w/ Gravy 4-oz Sweet Potatoes 4-oz Collard Greens 4-oz Caesar Salad w/ Dressing 1-cup Dinner Roll 1-oz Margarine Orange juice 6-oz</p> <p>Vegetarian: Veggie Burger</p>
<p style="text-align: right;">29</p> <p>Beef Hamburger w/ Cheese Steak Fries 4-oz Cole Slaw 4-oz Tossed Salad w/ Dressing 1-cup Wheat Bun 2-oz Mustard/ Mayo/Ketchup Apple Juice 6-oz</p> <p>Vegetarian: BeefLess Patty</p>	<p style="text-align: right;">30</p> <p>Sweet and Sour Chicken 4-oz Fried Rice 4-oz Oriental Blend Vegetables 4-oz Carrot Raisin Salad 4-oz Multigrain Bread Slice 1-oz Margarine Fruit Cup 4-oz</p> <p>Vegetarian: Sweet and Sour ChixLess Nuggets</p>	<p style="text-align: right;">31</p> <p>Crab Cake 3-oz Warm Pasta Salad 4-oz Squash Medley 4-oz Spinach Salad w/ Dressing 1-cup Pumpernickel Bread Slice 1-oz Margarine Grape Juice 6-oz</p> <p>Vegetarian: Garden Burger</p>		

1% Milk served with all meals.