

Catholic Charities Enterprises: Frail Homebound Menu - October 2013

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p><u>Turkey Club</u> Turkey, Bacon, American Multigrain Bread Roasted Vegetables Broccoli Salad Mayonnaise Packet Mustard Packet Fig Newtons Applesauce 1% Plain Milk</p> <p>Veg: Cheese Sandwich w/ Hummus</p>	<p>2</p> <p><u>Spaghetti with Meatballs</u> Tomato Sauce w/ Meatballs Spaghetti Peas and Carrots Cauliflower Italian Bread Slice Margarine 100% Apple Juice 1% Plain Milk</p> <p>Veg: Pasta w/ Meat-Less Crumbles</p>	<p>3</p> <p><u>Chef Salad</u> Sliced Turkey Hard-Boiled Egg , Cheese Romaine, Cucumber, Tomato Macaroni Salad Salad Dressing Packets Whole Wheat Bread Salad Dressing Packet Lorna Doone Cookies Mandarin Oranges 1% Plain Milk</p> <p>Veg: Veggie Burger</p>	<p>4</p> <p><u>Baked Fish with Herb Sauce</u> Baked Fish with Herb Sauce Roasted Potatoes Collard Greens Succotash Cornbread Margarine 100% Orange Juice 1% Plain Milk</p> <p>Veg: Vegetarian Chili</p>
<p>5</p> <p><u>Beef and Broccoli</u> Beef and Broccoli Rice Pilaf California Blend Cabbage Dinner Roll Margarine 100% Apple Juice 1% Plain Milk</p> <p>Veg: Tofu and Broccoli</p>	<p>6</p> <p><u>Breaded Chicken Sandwich</u> Breaded Chicken Kaiser Roll Potato Salad Tossed Salad Mayonnaise Packet Ketchup Packet Salad Dressing Packet Graham Crackers Tropical Fruit Cup 1% Plain Milk</p> <p>Veg: Chix-Less Chef Salad</p>	<p>7</p> <p><u>Rotisserie Chicken</u> Rotisserie Chicken Buttered Egg Noodles Green Beans Squash Medley Corn Muffin Margarine 100% Grape Juice 1% Plain Milk</p> <p>Veg: Curry Vegetable Stew</p>	<p>8</p> <p><u>Corned Beef Sandwich</u> Corned Beef , Swiss Rye Bread Sauerkraut Carrot Raisin Salad Mayonnaise Packet Thousand Island Dressing Fig Newtons Cinnamon Applesauce 1% Plain Milk</p> <p>Veg: Beef-Less Burger</p>	<p>9</p> <p><u>Turkey Pot Roast</u> Turkey Pot Roast Sweet Potatoes Winter Mix Vegetables Spinach Biscuit Margarine 100% Orange Juice 1% Plain Milk</p> <p>Veg: Garden Veggie Patty</p>	<p>10</p> <p><u>Chicken Salad</u> Chicken Salad Saltine Crackers Three Bean Salad Beet Salad Spinach Dinner Roll Mayonnaise Packet Lorna Doone Cookies Peaches 1% Plain Milk</p> <p>Veg: Chix-Less Chicken Salad</p>	<p>11</p> <p><u>Stuffed Green Peppers</u> Stuffed Pepper w/ Tomato Sauce Spanish Rice Carrots Lima Beans Cornbread Margarine 100% Apple Juice 1% Plain Milk</p> <p>Veg: Beef-Less Crumbles w/ Sauce</p>
<p>12</p> <p><u>Chicken Stuffed w/ Wild Rice</u> Chicken Stuffed w/ Wild Rice AuGratin Potatoes Corn Capri Blend Dinner Roll Margarine 100% Grape Juice 1% Plain Milk</p> <p>Veg: Chix-Less Breast</p>	<p>13</p> <p><u>Roast Beef and Cheese Sub</u> Roast Beef , American Sub Roll Broccoli Salad Roasted Vegetables Mayonnaise Packet Mustard Packet Graham Crackers Applesauce 1% Plain Milk</p> <p>Veg: Black Bean Burger</p>	<p>14</p> <p><u>Columbus Day</u></p>	<p>15</p> <p><u>BBO Salmon</u> BBO Salmon Wild Rice Blend Collard Greens Black-Eye Peas Raisin Bread Margarine 100% Orange Juice 1% Plain Milk</p> <p>Veg: Vegetarian Chili</p>	<p>16</p> <p><u>Chicken Drumsticks</u> Oven Fried Chicken Drum Green Bean Vinagrette Spinach Salad Salad Dressing Packet Cornbread Fig Newtons Margarine Banana, Fresh 1% Plain Milk</p> <p>Veg: Chix-Less Nuggets</p>	<p>17</p> <p><u>BBO Beef Riblet</u> BBO Beef Macaroni and Cheese Baked Beans California Blend Dinner Roll Margarine 100% Apple Juice 1% Plain Milk</p> <p>Veg: BBQ BeefLess Patty</p>	<p>18</p> <p><u>Turkey Ham & Swiss Sandwich</u> Turkey Ham , Swiss Marble Rye Bread Cole Slaw Italian Carrot Salad Mayonnaise Packet Mustard Packet Lorna Doone Cookies Mandarin Oranges 1% Plain Milk</p> <p>Veg: Roasted Balsamic Veggies and Swiss Cheese Sandwich</p>

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<p>19</p> <p><u>Pepper Steak w/ Gravy</u> Pepper Steak with Gravy Mashed Potatoes Squash Medley Broccoli Biscuit Margarine 100% Orange Juice 1% Plain Milk</p> <p>Veg: Beef-Less Crumbles w/ Sauce</p>	<p>20</p> <p><u>Tuna Salad</u> Tuna Salad Saltine Crackers Spinach Salad Beet Salad Pita Bread Mayo/Salad Dressing Packet Graham Crackers Fruit Cup 1% Plain Milk</p> <p>Veg: Chix-Less Chicken Salad</p>	<p>21</p> <p><u>Turkey Jambalaya</u> Turkey Jambalaya White Rice Okra and Tomatoes Succotash Multigrain Bread Slice Margarine 100% Apple Juice 1% Plain Milk</p> <p>Veg: Veggie Burger</p>	<p>22</p> <p><u>Pulled BBQ Beef Sandwich</u> Shredded BBQ Beef Kaiser Roll Potato Salad Carrot Raisin Salad Mayonnaise Packet Mustard Packet Fig Newtons Peaches 1% Plain Milk</p> <p>Veg: BBQ Tofu</p>	<p>23</p> <p><u>Chicken Fajitas</u> Chicken Strips Spanish Rice Peppers and Onions Black Beans Flour Tortillas Margarine 100% Grape Juice 1% Plain Milk</p> <p>Veg: Vegetarian Fajitas</p>	<p>24</p> <p><u>Turkey Club</u> Turkey, Bacon, American Multigrain Bread Roasted Vegetables Tossed Salad Mayonnaise Packet Mustard Packet Salad Dressing Packet Lorna Doone Cookies Cinnamon Applesauce 1% Plain Milk</p> <p>Veg: Ceasar Salad with Chix-Less Strips</p>	<p>25</p> <p><u>Beef Lasagna</u> Beef Lasagna Capri Blend Spinach Dinner Roll Margarine 100% Orange Juice 1% Plain Milk</p> <p>Veg: Eggplant Parmesan</p>
<p>26</p> <p><u>Honey Dijon Chicken</u> Honey Dijon Chicken Rice Pilaf Winter Blend Peas Multigrain Bread Margarine 100% Apple Juice 1% Plain Milk</p> <p>Veg: Honey Dijon Chix-Less Patty</p>	<p>27</p> <p><u>Corned Beef Sandwich</u> Corned Beef , Swiss Rye Bread Sauerkraut Spinach Salad Mayonnaise Packet Thousand Island Dressing Graham Crackers Banana, Fresh 1% Plain Milk</p> <p>Veg: Beef-Less Burger</p>	<p>28</p> <p><u>Turkey Pot Roast</u> Turkey Pot Roast Sweet Potatoes Carrots Collard Greens Cornbread Margarine 100% Grape Juice 1% Plain Milk</p> <p>Veg: Garden Veggie Patty</p>	<p>29</p> <p><u>Shredded BBQ Chicken Sandwich</u> Shredded BBQ Chicken Kaiser Roll Green Bean Vinaigrette Pasta Salad Mayonnaise Packet Mustard Packet Fig Newtons Mandarin Oranges 1% Plain Milk</p> <p>Veg: BBQ Tofu Sandwich</p>	<p>30</p> <p><u>Beef Lo Mein</u> Beef Lo Mein Noodles Oriental Vegetables Cabbage Raisin Bread Margarine 100% Orange Juice 1% Plain Milk</p> <p>Veg: Curry Vegetable Stew</p>	<p>31</p> <p><u>Chicken Salad</u> Chicken Salad Saltine Crackers Tossed Salad Roasted Vegetables Dinner Roll Mayo/Salad Dressing Packet Salad Dressing Packet Lorna Doone Cookies Tropical Fruit Cup 1% Plain Milk</p> <p>Veg: Chick-Less Chicken Salad</p>	