







# Catholic Charities Enterprises: DCOA Congregate Meal Service - October 2013

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Teriyaki Chicken Fried Rice Oriental Blend Vegetables Cucumber Salad Raisin Bread Slice Margarine Banana</p> <p><i>Vegetarian: Teriyaki ChixLess Nuggets</i></p>	<p>2</p> <p>Meatsauce Spaghetti Green Beans Caesar Salad w/ Dressing Breadstick Margarine Grape Juice</p> <p><i>Vegetarian: Sweet and Sour Tofu</i></p>	<p>3</p> <p>Stuffed Chicken w/ Gravy Roasted Potatoes Capri Blend Vegetables Tomato Basil Soup Crackers Margarine Fruit Cup</p> <p><i>Vegetarian: ChixLess Patty w/ Gravy</i></p> 	<p>4</p> <p>Turkey Burger Steak Fries Squash Medley Cobb Salad w/ Dressing Whole Wheat Bun Ketchup/Mustard Packets Orange juice</p> <p><i>Vegetarian: BeefLess Patty</i></p>
<p>7</p> <p>Egg Salad on Croissant Macaroni Salad Carrot Raisin Salad Tossed Salad w/ Dressing Croissant Mayo/Mustard Packets Apple Juice</p> <p><i>Vegetarian: ChixLess Teriyaki</i></p>	<p>8</p> <p>Beef and Broccoli White Rice Oriental Vegetables Pickled Sliced Beets Pumpnickel Slice Margarine Banana</p> <p><i>Vegetarian: Cheese Ravioli w/ Marinara</i></p> 	<p>9</p> <p>Turkey Chop Mashed Potatoes w/ Gravy Mixed Vegetables Caesar Salad w/ Dressing Corn Muffin Margarine Grape Juice</p> <p><i>Vegetarian: ChixLess Patty w/ Gravy</i></p>	<p>10</p> <p>Baked Chicken Sweet Potatoes Spinach Beef and Barley Soup Crackers Margarine Peach Cup</p> <p><i>Vegetarian: Egg Salad</i></p>	<p>11</p> <p>Crab Cake Wild Rice Pilaf Green Beans Cobb Salad w/ Dressing Multigrain Bread Slice Margarine Orange juice</p> <p><i>Vegetarian: Veggie Patty w/ Gravy</i></p>
<p>14</p> <p><u>Columbus Day</u></p> 	<p>15</p> <p>Stuffed Pepper 1 each Wild Rice Blend Glazed Carrots Lima Beans Raisin Bread Slice Margarine Banana</p> <p><i>Vegetarian: BeefLess Strips w/ Gravy</i></p>	<p>16</p> <p>Shredded BBQ Chicken Roasted Potatoes Broccoli Caesar Salad w/ Dressing Corn Muffin Margarine Grape Juice</p> <p><i>Vegetarian: BBQ Tofu</i></p> 	<p>17</p> <p>Tuna Salad on Marble Rye Pasta Salad Cucumber and Tomato Salad Italian Wedding Soup Crackers Mayo/Mustard Packets Tropical Fruit Cup</p> <p><i>Vegetarian: Egg Salad Sandwich</i></p>	<p>18</p> <p>Pulled Turkey w/ Gravy Sweet Potatoes Collard Greens Cobb Salad w/ Dressing Dinner Roll Margarine Orange juice</p> <p><i>Vegetarian: Veggie Burger</i></p>
<p>21</p> <p>Beef Hamburger w/ Cheese Steak Fries Cole Slaw Tossed Salad w/ Dressing Wheat Bun Mustard/ Mayo/Ketchup Apple Juice</p> <p><i>Vegetarian: BeefLess Patty</i></p>	<p>22</p> <p>Sweet and Sour Chicken Fried Rice Oriental Blend Vegetables Carrot Raisin Salad Multigrain Bread Slice Margarine Banana</p> <p><i>Vegetarian: Sweet &amp; Sour ChixLess Nuggets</i></p>	<p>23</p> <p>Crab Cake Warm Pasta Salad Squash Medley Caesar Salad w/ Dressing Pumpnickel Bread Slice Margarine Grape Juice</p> <p><i>Vegetarian: Garden Burger</i></p>	<p>24</p> <p>Beef Ribs w/ Gravy Baked Potato w/ Sour Cream Carrots Chicken Noodle Soup Crackers Margarine Mandarin Oranges</p> <p><i>Vegetarian: BeefLess Burger w/ Gravy</i></p>	<p>25</p> <p>Baked Fish with Herb Sauce Parslied Egg Noodles Asparagus Tips Cobb Salad w/ Dressing Corn Muffin Margarine Orange juice</p> <p><i>Vegetarian: Tofu Scramble</i></p> 
<p>28</p> <p>Beef Meatballs in Tomato Sauce Spaghetti Cauliflower Broccoli Blend Tossed Salad w/ Dressing Raisin Bread Slice Margarine Apple Juice</p> <p><i>Vegetarian: Pasta w/ Veggie Crumbles</i></p>	<p>29</p> <p>BBQ Beef on Bun Baked Beans Broccoli Cole Slaw Wheat Bun Mayo/Mustard Packets Banana</p> <p><i>Vegetarian: BBQ BeefLess Patty</i></p>	<p>30</p> <p>Tuna Salad Green Bean Vinagrette Pickled Sliced Beets Caesar Salad w/ Dressing Pita Bread Mayo/Mustard Packets Grape Juice</p> <p><i>Vegetarian: Egg Salad</i></p>	<p>31</p> <p>Oven Fried Chicken Potato Salad Corn Garden Vegetable Soup Crackers Margarine Cinnamon Applesauce</p> <p><i>Vegetarian: ChixLess Patty</i></p> 	

1% Milk served with all meals.