



CONGREGATE MEAL MENU - AUGUST 2019

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">3</p> <p>Pulled BBQ Chicken (3 oz.) Baked Beans (4 oz.) Green Beans (4 oz) Whole Grain Bun (1 ct) Diced Pears (4 oz) 100% Fruit Juice</p>	<p style="text-align: right;">4</p> <p>HM Meatball Sub Sandwich (3 ct) W/Swiss Cheese (1 oz) Baby Carrots (4 oz) Key West Vegetables (4 oz) Pineapple Tidbits (4 oz) Sub Bun (1 ct) 100% Fruit Juice</p>	<p style="text-align: right;">5</p> <p>Turkey Polish Sausage (1 ct) Normandy Blend Vegetables (4 oz) Red Cabbage (4 oz) Tropical Fruit Salad (4 oz) Whole Wheat Bun (1 ct) Margarine (1 ct) Milk (1 ct)</p> 	<p style="text-align: right;">6</p> <p>HM Stuffed Peppers w/Beef & Rice Steamed Beets (4 oz) Cauliflower (4 oz) Strawberry Applesauce (1 ct) Wheat Roll (1 ct) Margarine (1 ct) 100% Fruit Juice</p>	<p style="text-align: right;">7</p> <p>Chicken Caesar Salad w/Romaine Cucumber Slices (4 oz) Pita Half (1 ct) Caesar Dressing Pkt. (1 ct) Fruit Cocktail (1 ct) Milk (1 ct)</p>
<p style="text-align: right;">10</p> <p>Boneless Rib in sauce (1 ct) Yams & Apples (4 oz) Peas & Carrots (4 oz) Whole Grain Bun (1 ct) Diced Peaches (4 oz) Milk (1ct)</p>	<p style="text-align: right;">11</p> <p>HM Chicken & Penne Alfredo French Green Beans (4 oz) Diced Carrots (4 oz) Fresh Pear 1 ct) Bread Stick(1 ct) Margarine (1 ct) 100% Fruit Juice</p>	<p style="text-align: right;">12</p> <p>Breaded Turkey Patty Broccoli Florets (4 oz) Sweet Corn (4 oz) Deluxe Fruit Salad (1 ct) Potato Roll (1 ct) Margarine (1 ct) Milk (1 ct)</p>	<p style="text-align: right;">13</p> <p>Chinese Pepper Steak w/Pasta Sicilian Veggie Blend (4 oz) Succotash (4 oz) Wheat Roll (1 ct) Fruit Cocktail (1 ct) Margarine (1 ct) 100% Fruit Juice</p>	<p style="text-align: right;">14</p> <p>Pork Burger w/Hickory Sauce (1 ct) Redskin Potatoes (4 oz) Sliced Carrots (4 oz) Whole Grain Bun (1 ct) Fresh Orange (1 ct) Milk (1 ct)</p>
<p style="text-align: right;">17</p> <p>BBQ Pork Sandwich (1 ct) Italian Blend Vegetables (4 oz) Baked Potato w/Sour Cream (1 ea) Diced pears (4 oz) Mini Sub Bun (1 ct) Margarine (1 ct) 100% Fruit Juice</p>	<p style="text-align: right;">18</p> <p>HM Meatloaf w/gravy (1 ct) Mashed Potatoes (4 oz) Garden Pasta vegetables (4 oz) Hawaiian Dinner Roll (1 ct) Apple (1 ct) Margarine (1 ct) 100% Fruit Juice</p>	<p style="text-align: right;">19</p> <p>Chicken Tenders w/Sauce (2 ct) French-Style Green Beans (4 oz) Baby Carrots (4 oz) Wheat Roll (1 ct) Mandarin Orange (4z) Margarine (1 ct) Milk (1 ct)</p>	<p style="text-align: right;">20</p> <p>Sloppy Joe (3 oz) Diced Potatoes (4 oz) Winter Blend Vegetables (4 oz) Wheat Bun (1 ct) Golden Apple (1 ct) Margarine (1 ct) Milk (1 ct)</p>	<p style="text-align: right;">21</p> <p>Macaroni & Cheese (8 oz) Green Beans (4 oz) Sliced Carrots (4 oz) Cantaloupe (4 oz) Dinner Roll (1 ct) Margarine (1 ct) Milk (1ct)</p> 
<p style="text-align: right;">24</p> <p>Boneless Chicken Wings (3 oz) Whole Kennel Corn (4 oz) Green Beans (4 oz) Potato Roll (1 ct) Sliced Peaches (4 oz) Margarine (1 ct) Milk (1ct)</p>	<p style="text-align: right;">25</p> <p>HM Chicken & Cheese Fajitas (3 oz) Refried Beans (4 oz) Spanish Rice with Corn (4 oz) Tortilla Shell (1 ct) Pineapple Tidbits (4 oz) 100% Fruit Juice Taco Sauce pkt (1 ct)</p>	<p style="text-align: right;">26</p> <p>Pork Chop (1 ct) Sweet Potatoes (4 oz) Sliced Beets (4 oz) Corn Bread (1 ct) Fruit Cup (1 ct) Margarine (1 ct) Milk (1ct)</p>	<p style="text-align: right;">27</p> <p>HM Philly Steak w/Cheese (3 oz) Potato wedges (4 oz) Succotash Veggie Blend (4 oz) Wheat Sub Bun (1 ct) Tropical Fruit Salad (4 oz) Margarine (1 ct) 100% Fruit Juice Cookie of The Month (1 ct)</p>	<p style="text-align: right;">28</p> <p>Grilled Fish w/Lemon Dill Sauce (1ct) Scalloped Potatoes (4 oz) Tossed Salad w/Tomato (4 oz, 3ct) Mixed Fruit Salad (4 oz) Wheat Roll w/Margarine (1 ct) Salad Dressing (1 ct) Lemon Juice pk (1 ct) Milk (1ct)</p>
<p style="text-align: right;">31</p> <p>Pub Burger w/Cheese (1 ea) Broccoli Florets (4 oz) Mixed Vegetables (4 oz) Whole Wheat Bun (1 ct) Tropical Fruit Salad (4 o Milk (1ct)</p> 