

## Congregate January Menu 2021

Menu Subject to Change Based on Product Availability and Quality Standards

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|---|--|---|--|
| 4<br>HM Chicken Pot Pie<br>w/ Stewed Vegetables<br>Green Beans<br>Warm Peaches<br>Biscuit<br>Milk   | 5<br>Beef Fajitas w/ Peppers/Onions<br>Mexican Rice w/Corn & Tomatoes<br>Fruit Cocktail<br>Tortilla Shell<br>100% Fruit Juice<br>  | 6<br>Turkey Burger w/Cheese<br>Potato Wedges<br>Vegetable Blend<br>Cantaloupe Chunks<br>Multi-Grain Bun<br>Ketchup & Mustard<br>Milk | 7<br>Pork Chops w/Mushroom Sauce<br>Sugar Snap Peas<br>Mashed Potatoes<br>Sliced Wheat Bread<br>Margarine<br>Fresh Apple<br>100% Fruit Juice      | 8<br>Chicken Tenderloins w/Sauce<br>Spinach<br>Yams & Apples<br>Whole Wheat Roll<br>Margarine<br>Fresh Orange<br>Milk  |
| 11<br>Chicken Caesar Wrap<br>W/ Romaine & Parmesan<br>Cucumber Slices w/dip<br>Fruit Cocktail<br>Spinach Tortilla Wrap<br>Caesar Salad Dressing Pkt<br>Milk | 12<br>HM Sweet & Sour Meatballs<br>Brown Rice<br>Green Beans<br>Mixed Vegetables<br>Flatbread<br>Pineapple Tidbits<br>Margarine<br>100% Fruit Juice   | 13<br>Roast Beef & Cheddar<br>Sweet Peas<br>Veggie Blend<br>Wheat Sub Bun<br>Margarine<br>Diced Peaches<br>Milk                      | 14<br>HM Chili<br>Whole Kernel Corn<br>Tossed Salad<br>Fresh Pear<br>Buttermilk Biscuit w/honey<br>Margarine/Salad Dressing<br>100% Fruit Juice   | 15<br>Grilled Chicken Breast<br>Chopped Broccoli<br>Glazed Carrots<br>Mixed Fruit<br>Potato Roll<br>Margarine<br>Milk  |
| 18<br>   | 19<br>HM Mexican Chicken & Rice Soup<br>Vegetable Blend<br>Tossed Salad<br>Applesauce<br>Corn Muffin<br>Margarine/Salad Dressing<br>100% Fruit Juice  | 20<br>Creole Steak<br>European Veggies<br>Sliced Beets<br>Tropical Fruit Salad<br>Potato Roll<br>Margarine<br>Milk                   | 21<br>HM Roasted Pork Loin<br>Mixed Greens<br>Mashed Sweet Potatoes<br>Diced Peas<br>Corn Bread<br>Birthday Cake<br>Margarine<br>100% Fruit Juice | 22<br>Crispy Fish Taco<br>w/Fresh Corn Salsa<br>Au gratin Potatoes<br>Cole Slaw<br>Pineapples<br>Tortilla Shell<br>Milk<br> |
| 25<br>Ham, Bacon & Cheese Frittata<br>W/ Peppers & Onions<br>Roasted Redskin Potatoes<br>Warm Cinnamon Apples<br>Mini Muffin<br>Milk 8 oz                   | 26<br>Crispy Chicken Salad<br>Fresh HM Cucumber Salad<br>Fresh Broccoli Bites<br>Crispy Bread Sticks<br>Golden Apple<br>100% Fruit Juice<br>  | 27<br>Roasted Turkey Breast<br>Italian Veggie Blend<br>Roasted Potatoes<br>Fresh Pear<br>Hawaiian Roll<br>Margarine<br>Milk          | 28<br>HM Liver & Onions w/Gravy<br>Mashed Potatoes<br>Sweet Peas<br>Biscuit<br>Applesauce<br>Cookie Of the Month<br>Margarine<br>100% Fruit Juice | 29<br>HM Mac and Cheese<br>French Cut Green Beans<br>Sliced Carrots<br>Wheat Roll<br>Fruit Salad<br>Margarine<br>Milk  |
| <b>RENEWED HOPE FOR</b><br><b>2021</b>  | <b><i>"May Light always surround you; Hope kindle and rebound you. May your Hurts turn to Healing; Your Heart embrace Feeling. May Wounds become Wisdom; Every Kindness a Prism. May Laughter infect you; Your Passion resurrect you. May Goodness inspire your Deepest Desires. Through all that you Reach For, May your arms Never Tire." -D'Simone</i></b> |  |   |  |