

## Congregate January Menu 2022

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
HM Chicken Pot Pie w/ Stewed Vegetables Green Beans Warm Peaches Biscuit Milk	Beef Fajitas w/ Peppers/Onions Mexican Rice w/Corn & Tomatoes Fruit Cocktail Tortilla Shell 100% Fruit Juice 	Turkey Burger w/Cheese Potato Wedges Vegetable Blend Diced Pears Multi-Grain Bun Ketchup & Mustard Milk	Pork Chops w/Mushroom Sauce Sugar Snap Peas Mashed Potatoes Sliced Wheat Bread Margarine Fresh Apple 100% Fruit Juice	BBQ Chicken Tenders Spinach Yams & Apples Whole Wheat Roll Margarine Fresh Orange Milk
10	11	12	13	14
Chicken Caesar Wrap W/ Romaine & Parmesan Cucumber Slices w/dip Fruit Cocktail Tortilla Wrap Caesar Salad Dressing Pkt Milk	HM Sweet & Sour Meatballs Brown Rice Green Beans Mixed Vegetables Flatbread Pineapple Tidbits Margarine 100% Fruit Juice	Open-Face Turkey Sandwich Sweet Peas Veggie Blend Wheat Sub Bun Margarine Diced Peaches Milk	HM Chili Whole Kernel Corn Sliced Potatoes Fresh Pear Buttermilk Biscuit w/honey Margarine/Salad Dressing 100% Fruit Juice	Grilled Chicken Breast Chopped Broccoli Glazed Carrots Mixed Fruit Potato Roll Margarine Milk
17	18	19	20	21
	HM Mexican Chicken & Rice Soup Vegetable Blend Lima Beans Applesauce Corn Muffin Margarine 100% Fruit Juice	Creole Steak European Veggies Sliced Beets Tropical Fruit Salad Potato Roll Margarine Milk	HM Roasted Pork Loin Mixed Greens Mashed Sweet Potatoes Diced Pears Corn Bread Birthday Cake Margarine 100% Fruit Juice	Crispy Fish Taco w/Fresh Corn Salsa Au gratin Potatoes Cole Slaw Pineapples Tortilla Shell Milk 
24	25	26	27	28
Ham, Bacon & Cheese Frittata W/ Peppers & Onions Roasted Redskin Potatoes Warm Cinnamon Apples Mini Muffin Milk 8 oz	Crispy Chicken Salad Fresh HM Cucumber Salad Fresh Broccoli Bites Crispy Bread Sticks Golden Apple 100% Fruit Juice 	Roasted Chicken Breast Italian Veggie Blend Roasted Potatoes Fresh Pear Hawaiian Roll Margarine Milk	HM Liver & Onions w/Gravy Mashed Potatoes Sweet Peas Biscuit Applesauce Cookie Of the Month Margarine 100% Fruit Juice	HM Mac and Cheese French Cut Green Beans Sliced Carrots Wheat Roll Mandarin Oranges Margarine Milk
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HM Goulash Spinach Baby Carrots Fresh Apple Corn Bread Margarine				