





Congregate October Meal Menu 2019

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<p>HM Beef Goulash-8 oz. Carrots-4 oz. Spinach-4 oz. Corn Bread-1 CT Peach Cup-4 oz. Margarine-1 CT 100% Fruit Juice</p> 	<p>Chicken Teriyaki w/Rice-3 oz. & 2 oz. Oriental Vegetables-4 oz. Winter Blend Vegetables- 4 oz. Dinner Roll-1 CT Apricots-4 oz. Margarine Milk 8 oz.</p>	<p>HM Chicken Parmesan-1 ea. Steamed Spaghetti-2 oz. Garlic Vegetable Blend-4 oz. Whole Grain Garlic Bread-1 CT Margarine-1 CT Diced Pears-4 oz. 100% Fruit Juice</p>	<p>Chef Salad w/turkey, eggs, cheese Carrot Sticks w/Dip-4 oz. Wheat Roll-1 ea. Margarine-1 ea. Sliced Pears-4 oz. Milk 8 oz.</p> 
7	8	9	10	11
<p>BBQ Pulled Pork-3 oz. Baked Potato-1 CT Vegetable Blend-4 oz. Fresh Orange-1 CT Mini Sub Bun-1 CT Margarine & Sour Cream-1 ea. Milk 8 oz.</p>	<p>HM Meatloaf w/gravy-3 oz. Mashed Potatoes-4 oz. Sweet Peas-4 oz. Wheat Roll- 1ct Margarine-1 CT Cinnamon Applesauce Cup-4 oz. 100% Fruit Juice</p>	<p>Grilled Chicken Breast-1 CT Chuck Wagon Vegetable Blend-4 oz. Chopped Broccoli-4 oz. Potato Roll-1 CT Mixed Fruit-1 CT Margarine-1 CT Milk 8 oz.</p>	<p>HM Bean Soup w/ Turkey Ham-8 oz. Baby Carrots-4 oz. Tossed Salad w/Tomatoes-4 oz. Apricots-4 oz. Salad Dressing pk-1 CT Corn Muffin & Margarine-1 ea. 100% Fruit Juice</p>	<p>Roasted Leg Quarters Roasted Veggies (Carrots, Redskin Potatoes, Onions, Brussel Sprouts, Red Bell Peppers Sweet Potatoes Potato Roll w/ Margarine Cherry Fruit Crisp Grape Juice</p>
14	15	16	17	18
<p>Creole Steak In Sauce-1 ea. European Vegetables-4 oz. Sliced Beets-4 oz. Potato Roll-1 CT Margarine-1 CT Tropical Fruit Salad-4 oz. Milk 8 oz.</p>	<p>HM White Chicken Chili-8 oz. Whole Kernel Corn-4 oz. Tossed Salad w/Tomatoes-4 oz. Corn Bake w/Margarine Peaches-4 oz. Salad Dressing Pk-1 CT 100% Fruit Juice</p>	<p>Health Fair Free Lunch - All Welcome Sub Chips Cookie Lemonade</p>	<p>HM Sloppy Joes-3 oz. Garden Pasta Veggie Blend-4 oz. Cauliflower-4 oz. Fresh Apple-1 ea. WG Bun-1 ea. Margarine-1 ea. 100% Fruit Juice Cookie of the Month</p> 	<p>Crusted Fish-1 ea. Au Gratin Potatoes-4 oz. Fancy Cole Slaw-4 oz. Pineapples-4 oz. Potato Roll-1 ea. Margarine-1 ea. Milk 8 oz.</p>
21	22	23	24	25
<p>Country Style Chicken-1 ea. Steamed Broccoli-4 oz. Roasted Vegetables-4 oz. Honey Dew Fruit-4 oz. Wheat Roll-1 ea. Margarine-1 ea. Milk 8 oz.</p>	<p>Turkey Pot Roast W/ Potatoes, Carrots, Onions, Celery & Peppers Glazed Carrots Corn Muffin Top Cherry Fruit Crisp Grape Juice</p>	<p>BBQ Pulled Chicken-3 oz. Potato Salad-4 oz. Mixed Vegetables-4 oz. Diced Pears-4 oz. Mini Sub Bun-1 ea. Margarine-1 ea. Milk 8 oz.</p>	<p>HM Pork Chop w/Apples-1 ea. Mixed Greens-4 oz. Mashed Sweet Potatoes-4 oz. Corn Bread & Margarine- 1 ea. Pears-4 oz. 100% Fruit Juice HM Birthday Cake</p> 	<p>Chicken Salad Croissant Tossed Salad-4 oz. 3 Bean Salad-4 oz. Fresh Banana-1 CT Milk 8 oz.</p>
28	29	30	31	
<p>Pub Burger w/Cheese-1 ea. Leaf Lettuce w/Sliced Tomato Steak House Potato Salad-4 oz Diced Peas & Carrots-4 oz Whole Wheat Bun-1 ea Mayo Mustard-1 ea Fruit Salad-1 ea Milk 8 oz</p>	<p>HM Chicken & Dumplings w/ Stew Vegetables-8 oz. French Green Beans-4 oz Potato Roll-1 ea Margarine-1 ea Fresh Apple-1 ct 100% Fruit Juice</p> 	<p>Chicken Caesar Salad w/Romaine Cucumber Slices w/dip-4 oz. Fruit Cocktail-4 oz Pita Half-1 ea Caesar Salad Dressing Pkt-1 ea Milk 8 oz</p>	<p>HM Stuffed Green Pepper In Sauce-1 ea. Steamed Beets- 4oz Cauliflower-4 oz Strawberry Applesauce-4 oz Dinner Roll w/Margarine-1 ea 100% Fruit Juice</p>	