

Congregate October Meal Menu 2023

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Country Style Chicken w/gravy Steamed Broccoli-4 oz Roasted Vegetables-4 oz Honey Dew Fruit-4 oz Wheat Roll-1 ea Margarine-1 ea Milk 8 oz	Chicken Salad Sandwich Croissant carrot sticks 3 Bean Salad-4 oz Fresh Banana-1 ct Milk 8 oz	Salisbury Steak Redskin Mashed Potatoes Cauliflower-4 oz Strawberry Applesauce-4 oz Dinner Roll w/Margarine-1 ea 100% Fruit Juice	Turkey & Cheese Sub-1 ea Lettuce, tomato, onion Steak House Potato Salad-4 oz Diced Pears Whole Wheat Bun-1 ea Mayo Mustard-1 ea 100% fruit juice	Santa Fe Salad w/ Chicken w/HM Corn & Black Bean Salsa Tortilla Strips-1 oz Fruit Cocktail-4 oz Pasta Salad-4 oz Salad Dressing Milk 8 oz 
9	10	11	12	13
BBQ Pulled Pork-3 oz Diced Potatoes-1 ct Vegetable Blend-4 oz Mandarin Orange Cup-1 ct Mini Sub Bun-1 ct Margarine-1 ea Milk 8 oz	Grilled Chicken Breast-1 ct Chuck Wagon Vegetable Blend-4 Chopped Broccoli-4 oz Potato Roll-1 ct Mixed Fruit-1 ct Margarine-1 ct 100% Fruit Juice	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	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	Sweet and Sour Meatballs- 6 ea Brown Rice Green Beans-4 oz Pineapple Tidbits-4 oz Flatbread-1 ea Margarine-1 ea Milk 8 oz
16	17	18	19	20
Meatloaf w/gravy-3 oz Mashed Potatoes Sweet Peas-4 oz Wheat Roll- 1ct Margarine-1 ct Cinnamon Applesauce 100% Fruit Juice 	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	Chef's Choice 	HM Chicken Parmesan Sandwich-1 ea Garlic Vegetable Blend-4 oz Whole Kernel Corn-4 oz WG Bun-1 ct Margarine-1 ct Diced Pears-4 oz 100% Fruit Juice Birthday Cake 	Crusted Fish-1 ea Au Gratin Potatoes-4 oz Cole Slaw-4 oz Pineapples-4 oz Potato Roll-1 ea Margarine-1 ea Milk 8 oz
23	24	25	26	27
HM Bean Soup w/ Turkey Ham Baby Carrots-4 oz Warm Apples-4 oz Corn Muffin & Margarine-1 ea Milk 8 oz	Beef Teriyaki w/Rice & Veggies Winter Blend Vegetables- 4 oz Dinner Roll-1 ct Apricots-4 oz Margarine 100% Fruit Juice	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 Milk 8 oz	HM Chicken & Noodles Mixed Vegetables-4 oz Diced Pears-4 oz Biscuit Margarine-1 ea 100% Fruit Juice Cookie of the Month 	Breaded Turkey Sandwich Ranch Potato Wedges macaroni Salad Whole Wheat Bun Fresh Apple Milk 8 oz mayo pkt
30	31			
HM Beef Goulash-8 oz Carrots-4 oz Spinach-4 oz Corn Bread-1 ct Peach Cup-4 oz Margarine-1 ct milk 	Oven Fried Chicken Southern Green Beans Potato Salad Hawaiian Roll Pineapple Tidbits 100% Fruit Juice			