

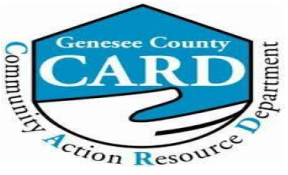










Congregate August Menu 2024

Name: _____ Date: _____

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			HM Beef Stroganoff Sicilian Veggie Blend Succotash Fresh Pear Wheat Roll Margarine 100% Fruit Juice	Chicken Caesar Salad w/Romaine Cucumber Slices Fruit Cocktail Pita Pocket Half Caesar Dressing Pkt. Milk
5	Congregate Style Meal 6	7	8	9
BBQ Pulled Chicken Sandwich Scalloped Potatoes Italian Blend Veggies Diced Pears Burger Bun Margarine Milk	HM Mini Beef Tacos – 3 oz. Mexican Rice – 4 oz. Chuck Wagon Veggies – 4 oz. Pineapple Tidbits – 4 oz.  Tortilla Shell – 2 100% Fruit Juice	Turkey Polish Sausage Potato Wedges Veggie Blend  Tropical Fruit Salad Whole Wheat Bun Margarine & Mustard Milk	BBQ Chicken Thighs Southern Style Green Beans Key West Veggie Blend Strawberry Applesauce Wheat Roll & Margarine 100% Fruit Juice	Turkey Burger w/Cheese Mixed Veggies Broccoli Florets Tropical Fruit Salad Whole Whet Bun  Milk
12	13	14	15	16
Boneless Rib in Sauce Baked Beans Peas & Carrots Diced Peaches Whole Grain Bun Milk	HM Spaghetti & Meatballs Steamed Cauliflower Apple Hawaiian Dinner Roll Margarine  100% Fruit Juice	Smothered Fried Chicken Mashed Potatoes Really Green Beans Mandarin Oranges Corn Muffin Margarine Milk	Sloppy Joe Rosemary Potatoes Winter Blend Veggies Golden Apple & Birthday Cake Wheat Bun Margarine 100% Fruit Juice	Macaroni & Cheese Lima Beans Broccoli Florets Pineapple Tidbits Dinner Roll  Margarine Milk
19	20	21	Congregate Style Meal 22	23
BBQ Boneless Chicken Wings Roasted Sweet Potatoes Whole Kernel Corn Sliced Peaches Potato Roll Margarine Milk	HM Chicken & Cheese Fajitas Spanish Rice w/Corn Refried Beans Mango & Papaya  Tortilla Shell Taco Sauce Pkt. 100% Fruit Juice	Chef's Choice 	Pepper Steak w/Veggies – 4 oz. Asian Rice Blend – 4 oz. Succotash Veggie Blend – 4 oz. Tropical Fruit Salad – 4 oz. Cookie of the Month Wheat Roll Margarine 100% Fruit Juice	Fish Taco w/Roasted Corn Salsa Scalloped Potatoes Cole Slaw Mixed Fruit Salad Tortilla Shell  Lemon Juice Pkt. Milk
26	27	28	29	30
Meatloaf w/Gravy Rice Pilaf Sweet Peas Tropical Fruit Potato Roll Margarine Milk	Chicken Tenders Potato Wedges Green Beans Pineapple Chunks Potato Roll Ketchup 100% Fruit Juice	HM Beef Goulash Cauliflower Scandinavian Blend Veggies Fresh Orange Garlic Roll Margarine Milk	Open Face Turkey Sandwich Mashed Potatoes Northwest Blend Veggies Mixed Fruit Cup Half-Slice Texas Toast Margarine 100% Fruit Juice	HM Chicken & Penne Alfredo French Green Beans Diced Carrots Fruit Cocktail Baked Bread Stick Margarine Milk

You need to call the senior center the day before by 12:30 pm to schedule for lunch @ 810-658-1566