






Congregate Hot Menu June 2017

Monday		Tuesday		Wednesday		Thursday		Friday	
									
1 HUNGARIAN GOULASH SWEET AND SOUR CABBAGE WARM CINNAMON APPLES WHOLE GRAIN ROLL		2 LASAGNA W/ ITALIAN SAUSAGE POTATOES O'BRIEN WARM CINNAMON APPLES FRUIT MUFFIN		3 HEARTY BEEF STEW STEWED TOMATOES ESCALLOPED APPLES BUTTERMILK BISCUIT		4 CHICKEN CACCIATORE SAUTEED SPINACH RICE PUDDING WHOLE GRAIN ROLL		5 CHICKEN AND RICE CASSEROLE ROASTED CARROTS CINNAMON APPLES WHOLE GRAIN ROLL	
6 HOMEMADE MEATLOAF MASHED POTATOES STEWED TOMATOES CORN PUDDING WHOLE GRAIN ROLL		7 BLACKENED TALAPIA FILLET SAUTEED SPINACH RICE PUDDING CORNBREAD MUFFIN		8 COUNTRY FRIED CHICKEN MASHED POTATOES/GRAVY SWEET CORN PEACH COBBLER		9 MACARONI AND CHEESE SAUTEED SPINACH OATMEAL CAKE BAKE WHOLE GRAIN ROLL		10 SMOKED SAUSAGE & SAUERKRAUT BAKED BEANS WITH PEPPERS CHOCOLATE CHERRY COBBLER WHOLE WHEAT BUN	
11 HERB ROASTED CHICKEN BRUSSELS SPROUTS CHERRY CRISP BUTTERMILK BISCUIT		12 VEGETABLE LASAGNA HARVARD BEETS BLUEBERRY, CHERRY CRISP WHOLE GRAIN ROLL		13 CORNED BEEF HASH SCRAMBLED EGGS PEACH COBBLER FRUIT MUFFIN		14 BEEF AND BROCCOLI STIR FRY WHITE RICE FAR EAST VEGETABLE BLEND POACHED PEARS CHOW MEIN NOODLES		15 COUNTRY FRIED CHICKEN MASHED POTATOES / GRAVY SWEET CORN PEACH COBBLER	
16 LASAGNA WITH ITALIAN SAUSAGE CALIFORNIA VEGETABLES CINNAMON APPLES WHOLE GRAIN ROLL		17 CHICKEN FLORENTINE PASTA SAUTEED CARROTS PEACH CRISP WHOLE GRAIN ROLL		18 DIRTY RICE BLACK EYED PEAS CHERRY COBBLER WHOLE GRAIN ROLL		19 SPAGHETTI AND MEAT SAUCE GREEN BEANS AND CARROTS PEACH CRISP WHOLE GRAIN ROLL		20 TEXAS CHILI WAX BEANS AND PEPPERS BANANA BREAD PUDDING CORNBREAD MUFFIN	
21 SWEET AND SOUR PORK ON BROWN RICE SIMMERED GREEN CABBAGE PINEAPPLE UPSIDE DOWN CAKE WHOLE GRAIN ROLL		22 TUNA BROCCOLI BAKE HARVARD BEETS TRIPLE BERRY COBBLER WHOLE GRAIN ROLL		23 June Solstice		24 June Solstice		25 June Solstice	



Each meal meets the new A.A.A. approved nutritional guidelines.
All meals have between 80-120 grams of carbohydrates. All meals are trans-fat free.