



JULY CONGREGATE HOT MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CORNED BEEF HASH SCRAMBLED EGGS PEACH COBBLER FRUIT MUFFIN	3 VEGETABLE LASAGNA HARVARD BEETS BLUEBERRY AND CHERRY CRISP WHOLE GRAIN ROLL	4 Independence Day	5 COUNTRY FRIED CHICKEN MASHED POTATOES AND GRAVY SWEET CORN PEACH COBBLER WHOLE GRAIN ROLL	6 BLACKENED TALAPIA FILLET SAUTEED SPINACH RICE PUDDING CORNBREAD MUFFIN 
9 DIRTY RICE BLACK EYED PEAS CHERRY COBBLER WHOLE GRAIN ROLL 	10 MACARONI AND CHEESE SAUTEED SPINACH OATMEAL CAKE BAKE WHOLE GRAIN ROLL	11 SPAGHETTI WITH MEATSAUCE GREEN BEANS AND CARROTS PEACH CRISP WHOLE GRAIN ROLL	12 SWEET AND SOUR PORK BROWN RICE SIMMERED GREEN CABBAGE PINEAPPLE UPSIDE DOWN CAKE CHOW MEIN NOODLES	13 BBQ CHICKEN THIGH COLLARD GREENS BANANA BREAD PUDDING BUTTERMILK BISCUITS
16 QUICHE LORRAINE WITH BACON POTATOES O'BRIEN PEACH CRISP FRUIT MUFFIN	17 CHICKEN POT PIE MAPLE GLAZED CARROTS APPLE CRUMB CAKE BUTTERMILK BISCUIT	18 BEEF ENCHILADA BAKE CILANTRO RICE APPLE COBBLER WHOLE GRAIN ROLL	19 SMOTHERED PORK COLLARD GREENS WARM CINNAMON APPLES WHOLE GRAIN ROLL	20 BEEF STROGANOFF SAUTEED SPINACH POACHED PEARS WHOLE GRAIN ROLL 
23 VEGETABLE FRITTATA BLUEBERRY OATMEAL PORK SAUSAGE LINKS FRUIT MUFFIN	24 CHICKEN AND RICE CASSEROLE SAUTEED CARROTS WARM CINNAMON APPLES WHOLE GRAIN ROLL	25 PORK ROAST WITH GRAVY MASHED POTATOES CORN PEAS AND CARROTS RICE PUDDING WHOLE GRAIN ROLL	26 HUNGARIAN GOULASH SWEET AND SOUR CABBAGE WARM CINNAMON APPLES WHOLE GRAIN ROLL 	27 LASAGNA W/ ITALIAN PORK SAUSAGE CALIFORNIA VEGETABLES WARM CINNAMON APPLES WHOLE GRAIN ROLL
30 BEEF TIPS AND GRAVY MASHED POTATOES GREEN BEANS AND CARROTS PEACHES AND CREAM BUTTERMILK BISCUIT	31 CHICKEN CACCIATORE SAUTEED SPINACH RICE PUDDING WHOLE GRAIN ROLL			

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.

