

CONGREGATE MEAL MENU - JULY 2022

Menu Subject to Change Based on Product Availability and Quality Standards

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
|  |  |  |  | 1 BBQ Pulled Pork Cole Slaw Baked Beans Wheat Bun Peaches BBQ Sauce Milk |
| 4  | 5 Grilled Chicken Sandwich Chuck Wagon Vegetables Chopped Broccoli WG Bun Mixed Fruit Cup Margarine 100% Fruit Juice | 6 Philly Chicken w/Cheese Diced Potatoes Normandy Blend Vegetables Wheat Sub Bun Tropical Fruit Salad Margarine Milk | 7 Ravioli w/Shrimp & Sauce Steamed Broccoli Roasted Veggies Garlic Roll Fruit Cocktail Margarine 100% Fruit Juice | 8 Chef Salad w/Romaine Turkey, Eggs & Cheese Carrots Sticks Diced Pears Wheat Roll Salad Dressing Milk  |
| 11 Tangerine Chicken Sweet Peas Diced Carrots Hawaiian Roll Applesauce Milk Fortune Cookie | 12 HM Sloppy Joes Garden Blend Veggie Pasta Cauliflower WG Bun Golden Apple Margarine 100% Fruit Juice | 13 Chinese Pepper Steak Veggie Blend Succotash Mixed Fruit Cup Potato Roll Margarine Milk | 14 Stuffed Peppers Sliced Beets Diced Carrots Pineapple Tidbits WW Roll/Margarine Birthday Cake 100% Fruit Juice  | 15 Oven Fried Fish Au Gratin Potatoes Cole Slaw Hawaiian Roll Diced Peaches Margarine & Tartar Sauce Milk |
| 18 Pub Burger w/Cheese Potato Salad Veggie Blend WW Bun, Mayo, Mustard Fruit Salad Lettuce, Tomato Milk  | 19 Honey Glazed Chicken Breasts Lima Beans Scalloped Potatoes Corn Muffin Fresh Apple Margarine 100% Fruit Juice | 20 Turkey Tetrazzini Riviera Blend Veggies Steamed Cauliflower Dinner Roll Pineapples Margarine Milk | 21 Beef & Cheese Lasagna Roll Spinach Sliced Carrots Garlic Bread Strawberry Applesauce Margarine-Cookie 100% Fruit Juice  | 22 Mac & Cheese French Cut Green Beans Corn Potato Roll Margarine Fresh Banana Milk  |
| 25 HM Chicken Salad Sandwich Grape Tomatoes 3 Bean Salad Sliced Croissant Fruit Cocktail Milk | 26 HM Meatball Sub w/cheese Sweet Peas Diced Potatoes Sub Bun Mixed Fruit Cup Margarine 100% Fruit Juice | 27 Turkey & Cheese Sub Fresh Snap Peas Fresh Cauliflower WG Bun Fresh Pear Mayo, Mustard, Veggie Dip Milk | 28 HM Deluxe Fried Rice w/ Beef, Chicken, Ham & Peas and Carrots Steamed Broccoli Fresh Orange Crunchy Breadsticks Margarine 100% Fruit Juice | 29 Fiesta Lime Chicken Roasted Corn & Black Beans Brown Rice Peaches Flatbread Margarine Milk |