


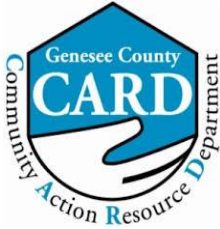




Congregate January Menu 2023

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
HM Beef Pot Pie w/ Stewed Vegetables Green Beans Warm Peaches Biscuit Milk	Chicken Cacciatore Mixed Greens Spaghetti Diced Pears Corn Bread Margarine 100% Fruit Juice	HM Liver & Onions w/Gravy Mashed Potatoes Sweet Peas Biscuit Applesauce Milk Margarine	Pork Chops w/Mushrooms Sugar Snap Peas Roasted Potatoes Sliced Wheat Bread Margarine Fresh Apple 100% Fruit Juice	BBQ Chicken Tenders Spinach Yams & Apples Whole Wheat Roll Margarine Fresh Orange Milk
9	10	11	12	13
HM Sweet & Sour Meatballs Brown Rice Green Beans Mixed Vegetables Flatbread Pineapple Tidbits Margarine Milk	Chicken Caesar Wrap W/ Romaine & Parmesan Cucumber Slices w/dip Fruit Cocktail Tortilla Wrap Caesar Salad Dressing Pkt 100% Fruit Juice	Open-Face Pot Roast Sweet Peas Mashed Potatoes Texas Toast Half Margarine Diced Peaches Milk	HM Chili Whole Kernel Corn Sliced Potatoes Fresh Pear Buttermilk Biscuit w/honey Margarine/Salad Dressing 100% Fruit Juice	Grilled Chicken Breast w/Cream Sauce Chopped Broccoli Glazed Carrots Mixed Fruit Potato Roll Margarine Milk
16	17	18	19	20
	HM Mexican Chicken & Rice Soup Vegetable Blend Lima Beans Applesauce Corn Muffin Margarine 100% Fruit Juice	Creole Steak European Veggies Sliced Beets Tropical Fruit Salad Potato Roll Margarine Milk	Beef Fajitas w/ Peppers/Onion w/Peppers & Onions Mexican Rice Corn Fruit Cocktail Tortilla Shell 100% Fruit Juice Cookie Of the Month 	Crispy Fish Taco w/Fresh Corn Salsa Au gratin Potatoes Cole Slaw Pineapples Tortilla Shell Milk 
23	24	25	26	27
Ham, Bacon & Cheese Frittata W/ Peppers & Onions Roasted Redskin Potatoes Warm Cinnamon Apples Mini Muffin Milk 8 oz	HM Chicken Salad on Croissant Fresh HM Cucumber Salad Fresh Broccoli Bites Golden Apple 100% Fruit Juice	Roasted Chicken Breast Italian Veggie Blend Roasted Potatoes Fresh Pear Hawaiian Roll Margarine Milk	Turkey Burger w/Cheese Potato Wedges Vegetable Blend Diced Pears Multi-Grain Bun Ketchup & Mustard 100% Fruit Juice Birthday Cake	HM Mac and Cheese French Cut Green Beans Sliced Carrots Wheat Roll Mandarin Oranges Margarine Milk
30	31			
HM Goulash Spinach Baby Carrots Fresh Apple Corn Bread Margarine Milk	HM Sloppy Joes Garden Pasta Veggie Blend Broccoli Florets Golden Apple WG Bun Margarine 100% Fruit Juice			