




Congregate November Meal Menu 2022

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Philly Chicken w/Cheese Potato Wedges Veggie Blend Sub Bun Margarine-1 ea 100% Fruit Juice	Cobb Salad w/Turkey, Cheese, Egg, Bacon Pasta Salad Fruit Muffin-1 ea Mandarin Oranges-4 c. Salad Dressing Pkt-1 ea Milk-8 oz 	Baked Mostaccioli w/Meat Sauce French Green Beans Steamed Corn Fresh Pear Breadstick 100% Fruit Juice-4 oz	Honey Glazed Chicken Fillet Parsley Potatoes-4 oz California Vegetable Blend WG Sweet Roll-1 ea Margarine-1 ea Fruit Cocktail-4 oz Milk-8 oz
7	8	9	10	11
Cheese Ravioli w/Sauce Italian Veggie Blend-4 oz Roasted Potatoes-4 oz Potato Roll-1 ea Margarine-1 ea Fresh Pear-1 ea Milk-8 oz	Fiesta Chicken w/onions & Peppers Roasted Corn & Black Beans WG Roll Pineapple Tidbits-4 oz Margarine-1 ea 100% Fruit Juice-4 oz	Salisbury Steak w/Gravy Parsley Mashed Potatoes-4 oz Mixed Vegetables-4 oz Biscuit Fruit Cocktail-4 oz Margarine-1 ea Milk-8 oz	Asian Chicken Burger Sweet Potato Wedges Steamed Cauliflower-4 oz WG Bun Cinnamon Applesauce-4 oz 100% Fruit Juice-4 oz	
14	15	16	17	18
New Orleans Chicken Stir-fry Over Lo Mein Noodles Vegetable Blend-4 oz Hawaiian Roll Apricots-4oz Margarine-1 ea Milk-8 oz Fortune Cookie-1 ea	Pub Burger w/Cheese Potato Wedges Lettuce/Tomato/Onion Fruit Cocktail-4 oz WG Bun Ketchup/Mustard 100% Fruit Juice 	Italian Wedding Soup Steamed Spinach Buttermilk Biscuit Honey Packet Margarine Fresh Pear Milk	Chicken Fajitas Chuck Wagon Veggie Blend-4 oz Black Beans-4 oz Flour Tortilla Shells Birthday Cake Pineapple Cup 100% Fruit Juice-4 oz	Glazed Citrus Salmon Rice Pilaf Mixed Veggies WG Roll Margarine Mixed Fruit Cup Milk-8 oz
21	23	24	25	
Crispy Chicken Salad w/Apples & Cranberries Cole Slaw-4 oz Potato Roll Diced Pears Milk-8 oz	THANKSGIVING DINNER	Swedish Meatballs Brown Rice-4 oz Green Beans-4 oz Mandarin Oranges-4 oz Crunchy Breadsticks-1 pkt Milk		
28	29	30		
Chili W/Ground Beef Veggie Blend Corn Bake Strawberry Applesauce Milk	Creamy Turkey & Wild Rice Soup Sliced Potatoes-4oz Sweet Peas Wheat Roll w/Margarine Fresh Apple 100% Fruit Juice	HM Beef & Bean Burrito-1 Sweet Corn w/Peppers-4oz Fresh Apple-1 Spanish Rice-4oz Margarine Milk		