

Congregate Nutrition Centers

2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK	1	2	3	4	5
1	3 oz. Seasoned Chicken Thigh ½ c. Garlic Mashed Potatoes ½ c. California Blend Veggies 1 Wheat Roll/ Margarine Cup ½ c. Seasonal Fruit 8 oz. 1% Milk	3 oz. Chicken Salad on Bed of Greens. ½ c. Fresh Baby Carrots ½ c. Three Bean Salad 1 Wheat Roll/ Margarine Cup ½ c. Seasonal Fresh Fruit 8 oz. 1% Milk	3 oz. Meatloaf w/ Apple Brown Gravy ½ c. Mashed Potatoes ½ c. Green Beans 1 sl. WG Bread ½ c. Pineapples 8 oz. 1% Milk	8 oz. Macaroni & Cheese ½ c. Steamed Carrots ½ c. Broccoli 1 sl. WG Bread w/ Margarine cup ½ c. Fresh Fruit 8 oz. 1% Milk	3 oz. Hot Dog ½ Baked Beans ½ c. Corn w/red peppers 1 WG Hot Dog Bun ½ c. Seasonal Fruit 8 oz. 1% Milk
WEEK	8	9	10	11	12
2	3 oz Lemon Baked Chicken ½ c Roasted Sweet Potatoes ½ c Squash Medley 2 oz WG Roll w/Margarine 1 Orange 8 oz. 1% Milk	4 oz. Egg Salad ½ c. Cole Slaw ½ c. Tomato/Cucumber/Onion 2 slices of WG Bread w/Margarine ½ c. Fresh Fruit 8 oz. 1% Milk	3 oz. Herb Crusted Baked Fish ½ c. Yellow Rice w/vegetables ½ c. Green Beans 1 oz. Dinner Roll w/Margarine ½ c. Peaches 1 Packet Tarter Sauce 8 oz. 1% Milk	3 oz. Sweet and Sour Meatballs ½ c. Egg Noodles ½ c. Asian slaw 2oz. Dinner Roll/ Marg 1 Banana 8 oz. 1% Milk	3 oz. Chicken Francoise ½ c. Herb Roasted Potatoes ½ c. Green Beans 2 oz.WG Roll w/ margarine ½ c. Peaches 8 oz. 1% Milk
WEEK	15	16	17	18	19
	3 oz Chicken Marsala on Bed of WG Pasta ½ c Baby Carrots ½ c Zucchini in Tomato Sauce 1 Dinner Roll w/ Margarine 1/2 cup Canned Fruit 8 oz. 1% Milk	3 oz. Beef Mongolian ½ c. Asian Fried Rice ½ c. Asian Vegetables 2 oz. Dinner Roll/margarine ½ c. Fresh Fruit 8 oz. 1% Milk	3 oz. Hamburger w/ Lettuce & Tomato on WG Bun ½ c. Roasted Potato ½ c. Grilled Vegetables ½ c. Mixed Fruit 1 pkt Ketchup, Mustard 8 oz 1% Milk	3 oz. Mojo Sliced Chicken Breast ½ c Yucca Mashed ½ c Green Pepers, Yellow Peppers & Onions. 1 WG Dinner Roll /w margarine cup ½ c Fresh Fruit 8 oz. 1% Milk	3 oz. Sweet Thai Chili Salmon ½ c Rice Noodles ½ c Ginger & Garlic Bok Choy 1 Dinner Roll w/ margarine cup ½ c. Fresh Fruit 8oz. 1% Milk
WEEK	22	23	24	25	26
	Spaghetti & (4) Meatballs ½ c. Marinara sauce ½ c. Garden Salad w/ dressing 2 oz. Dinner roll w/ margarine ½ c. Seasonal Fruit Cup 1 Package Powdered Milk	3 oz. Authentic Chimichurri Chicken ½ c. Yellow Rice ½ c. Mixed Vegetables 1 Dinner Roll w/margarine cup ½ . Mixed Fruit	3 oz. Herb Crusted Baked Fish ½ c. Brown Rice ½ c. Mixed Vegetables 1 WG Roll w/ Margrine Cup ½ c. Fresh Fruit 8 oz 1% Milk	8 oz. Beef & Macaroni Casserole ½ c. Garlic Mashed Potatoes ½ c. Carrots 1 WG Dinner Roll w/margarine cup ½ c. Peaches 8 Mooz. 1% Milk	3 oz. Sweet & Sour Chicken ½ c. White Rice ½ c. Ginger Peas 1 WG Dinner Roll w/ Margarine Cup ½ c. Oranges 8 oz. 1% Milk
WEEK					