






April 2024

Montgomery County

HDM & CONGREGATE

All rolls are whole grain unless otherwise stated. Tuesday & Thursday meals include juice or fruit and yogurt. Monday, Wednesday, & Friday meals serve milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1) HOT: Blackened Fish Fillet, Stewed Tomatoes, Wild Rice Pilaf, Brussel Sprouts, Roll, Applesauce</p> <p>COLD: Lemon-Basil Rotini w/Grilled Chicken, Green Salad, Tomato Wedges, Roll, Applesauce</p> <p>VEG: Stir Fried Tofu & Veggies, Stewed Tomatoes, Wild Rice Pilaf, Brussel Sprouts, Roll, Applesauce</p>	<p>2) HOT: All-Beef Cheeseburger, Potato Wedges, Green Beans, Wheat Bun</p> <p>COLD: Seafood Pasta Salad, Carrot-Raisin Salad, Three-Bean Salad, Roll</p> <p>VEG: Veggie Burger w/Cheese, Potato Wedges, Green Beans, Wheat Bun</p>	<p>3) HOT: Curry Chicken, Brown Rice Pilaf, Green Peas, Roll, Whole Orange</p> <p>COLD: Salmon Chunks w/Tomato Sauce, Caesar Salad, Coleslaw, Roll, Whole Orange</p> <p>VEG: Vegan Curry Chick'n, Brown Rice Pilaf, Green Peas, Roll, Whole Orange</p> <p>SOUP DAY: Tomato Vegetable</p>	<p>4)  HOT: Hawaiian-Glazed Pork, Mashed Potatoes, Honey-Roasted Carrots, Black-eyed Peas, Cornbread</p> <p>COLD: Terriyaki Lo-Mein Noodles w/Chicken, Marinated Chickpeas, Tomato Wedges, Whole Grain Roll</p> <p>VEG: Grilled Veggies & Bean Stuffed Tomato, Mashed Potatoes, Honey-Roasted Carrots, Black-Eyed Peas, Cornbread</p>	<p>5) HOT: Salisbury Steak & Gravy, Baked Sweet Potato, Spinach, Corn, Biscuit, Whole Pear</p> <p>COLD: Turkey Breast & Cheddar, Wild Rice Salad, Marinated Tomato Salad, Cucumber Slices, Roll, Whole Pear</p> <p>VEG: Vegan Salisbury Steak & Gravy, Baked Sweet Potato, Spinach, Corn, Biscuit, Whole Pear</p>
<p>8) HOT: Chicken Parmesan, Spaghetti w/Sauce, Italian Veggies, Green Salad, Garlic Breadstick, Whole Apple</p> <p>COLD: Grilled Tuna & Pasta Salad, Green Pea Salad, Stewed Tomatoes, Roll, Whole Apple</p> <p>VEG: Spaghetti Squash Lasagna, Italian Veggies, Green Salad, Garlic Breadstick, Whole Apple</p>	<p>9)  HOT: Smothered Pork Chops, Baby Baked Potatoes, Cole, Green Salad, Roll, Diced Peaches</p> <p>COLD: Grilled Chicken Breast on Roll, Green Salad, Marinated Broccoli, Diced Peaches</p> <p>VEG: Veggie Burger w/Vegetable Gravy, Scalloped Potatoes, Okra & Tomatoes, Green Salad, Roll, Diced Peaches</p>	<p>10) HOT: Meatloaf, Mashed Potatoes, Carrots, Collard Greens, Roll, Diced Pears</p> <p>COLD: California Chicken Salad w/Almonds & Grapes, Green Salad, Marinated Broccoli, Sandwich Roll, Diced Pears</p> <p>VEG: Vegan Meatloaf, Mashed Potatoes, Carrots, Collard Greens, Roll, Diced Pears</p>	<p>11) HOT: Baked Flounder, Wild Rice Pilaf, Sauteed Kale, Green Salad, Sandwich Bun</p> <p>COLD: Krab Pasta Salad, Three-Bean Salad, Carrot-Raisin Salad, Roll</p> <p>VEG: Tofu & Black Bean Sauce, Brown Rice Pilaf, Sauteed Kale, Green Salad, Sandwich Bun</p>	<p>12) HOT: King Ranch Macaroni & Cheese w/Grilled Chicken & Peppers, Brussel Sprouts, Corn, Parker House Roll, Sliced Strawberries</p> <p>COLD: Roast Beef & Cheddar, Greek Potato Salad (No Mayo), Sliced Beets, Sandwich Bun, Sliced Strawberries</p> <p>VEG: King Ranch Macaroni & Cheese w/Vegan Grilled Chick'n & Peppers, Brussel Sprouts, Corn, Parker House Roll, Sliced Strawberries</p>

<p>15) HOT: Chicken Souvlaki, Orzo Pasta w/Lemon-Dill Sauce, Roasted Carrots, Greek-Style Green Beans, Pita Bread, Whole Orange</p> <p> COLD: Salmon Nicoise (Salad w/Half Boiled Egg, Tomato, Green Beans, Roasted Baby Carrots, Cucumber & Black Olive Salad), Pita Bread, Whole Orange</p> <p>VEG: Vegan Chick'n Souvlaki, Orzo Pasta w/Lemon Dill Sauce, Roasted Carrots, Greek-Style Green Beans, Pita Bread, Whole Orange</p>	<p>16) HOT: Beef Stew w/Vegetables, Bulgur Wheat, Capri Veggies, Green Salad, Roll,</p> <p>COLD: Grilled Chicken Drumsticks, Bulgur Wheat, Marinated Tomato Salad, Cucumber Slices, Roll</p> <p>VEG: Vegan Beef Stew w/Vegetables, Bulgur Wheat, Capri Veggies, Roll</p>	<p>17) HOT: Broiled Flounder, Warm Farro Salad, Green Peas, Stewed Tomatoes, Roll, Applesauce</p> <p>COLD: Curry Chicken Salad, Wild Rice Salad, Marinated Tomato Salad, Cucumber Slices, Roll, Applesauce</p> <p>VEG: Veggie, Cheese & Lentil Stuffed Pepper, Warm Farro Salad, Green Peas, Stewed Tomatoes, Roll, Applesauce</p> <p>BIRTHDAY CUPCAKE!</p>	<p>18)  HOT: BBQ Beef Tips, Scalloped Potatoes, Okra w/Tomatoes, Green Salad, Roll</p> <p>COLD: Grilled Chicken Breast, Green Salad, Marinated Broccoli, Roll</p> <p>VEG: Vegan BBQ "Beef" Tips, Scalloped Potatoes, Okra w/Tomatoes, Green Salad, Roll</p>	<p>19) HOT: Chicken Fajitas, Mexican Green Rice, Black Beans, Sliced Carrots, Tortillas, Fruit Cocktail</p> <p>COLD: Egg Salad, Sandwich Bun, Caesar Salad, Coleslaw, Fruit Cocktail</p> <p>VEG: Vegan Chick'n Fajitas, Mexican Green Rice, Black Beans, Sliced Carrots, Tortilla, Fruit Cocktail</p>
<p>22) HOT: Cajun Fish Filet, Wheat Bun, Collard Greens, Coleslaw, Diced Pears</p> <p>COLD: Roast Beef & Provolone on Whole Grain Roll, Potato Salad, Caesar Salad, Diced Pears</p> <p>VEG: Stewed Lentils & Vegan Chicken, Whole Grain Roll, Coleslaw, Coleslaw, Diced Pears</p>	<p>23) HOT: Chicken Marsala, Wild Rice Pilaf, Baby Carrots, Green Beans</p> <p> COLD: Ham & Swiss on Potato Bun, Potato Salad, Baby Carrots</p> <p>VEG: Vegan Chick'n Marsala, Wild Rice Pilaf, Baby Carrots, Green Beans</p>	<p>24) HOT: Beef Sloppy Joes, Potato Wedges, Key Largo Veggies, Potato Roll, Whole Apple</p> <p>COLD: Lemon-Caper Fettucine Pasta Salad w/Grilled Chicken, Sliced Beets, Black Bean & Corn Salad, Cornbread, Whole Apple</p> <p>VEG: Vegan Beef Sloppy Joes, Potato Wedges, Key Largo Veggies, Potato Roll, Whole Apple</p>	<p>25) HOT: Chicken Ala King w/Vegetables, Rice Pilaf, Spinach, Roll</p> <p>COLD: Cottage Cheese Egg Salad (No Mayo), Whole Grain Pasta Salad, Spinach Salad, Carrot-Raisin Salad, Roll</p> <p>VEG: Vegetable & Tofu Ala King, Rice Pilaf, Spinach, Whole Grain Roll</p>	<p>26) HOT: Meat Lasagna, Broccoli, Wax Beans, Breadstick, Whole Orange</p> <p>COLD: Salmon Patty, Sandwich Bun, Caesar Salad, Tomato Wedges, Whole Orange</p> <p>VEG: Vegetable Lasagna, Broccoli, Wax Beans, Breadstick, Whole Orange</p>
<p>29) TASTE THE WORLD</p> <p>HOT: Butter Chicken, Brown Rice, Spinach, Cauliflower, Naan Bread, Diced Mango</p> <p>COLD: Indian Style Tilapia, Carrot-Mustard Slaw, Raita (Cucumber-Yogurt Salad), Green Salad, Naan Bread, Diced Mango</p> <p>VEG: Vegan Tofu Biryani, Spinach, Cauliflower, Naan Bread, Diced Mango</p> <p>WELCOME TO INDIA!</p>	<p>30) HOT: Lemon-Pepper Tilapia, Gnocchi w/Cream Sauce, Wax Beans, California Vegetables, Cornbread</p> <p>COLD: Turkey Quinoa Salad, Black Bean & Corn Salad, Green Salad, Biscuit</p> <p>VEG: Vegan Lemon-Pepper Chicken, Gnocchi w/Cream Sauce, Wax Beans, California Vegetables, Cornbread</p>	