

NAME: \_\_\_\_\_

TELEPHONE #: \_\_\_\_\_

**December 2024**

**Montgomery County**

**CONGREGATE**

*All rolls and pastas are whole grain unless otherwise stated. All meals served w/milk or yogurt. All juice is 100% fruit juice.*



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p>2) <b>HOT:</b> Mini Philly Steak &amp; Cheese Sub w/ Peppers &amp; Onions, Mini Soft Sub Roll, Baked Potato Wedges, Green Bean Salad, Grapes, Milk <b>COLD:</b> Krab &amp; Pasta Salad, 3 Bean Salad, Carrot-Raisin Salad, Grapes, Roll, Milk <b>VEG:</b> Vegan Philly Steak &amp; Cheese Sub w/ Peppers &amp; Onions, Mini Soft Sub Roll, Baked Potato Wedges, Green Bean Salad, Grapes, Milk</p>	<p>3) <b>HOT:</b> Chicken Parmesan, Linguini w/ Sauce, Italian Veggies, Brussel Sprouts, Parker Roll, Yogurt, Juice <b>COLD:</b> Tuna Salad, Sandwich Bun, Spinach Salad w/ Grapes, Corn &amp; Pepper Salad, Yogurt, Juice <b>VEG:</b> Vegan Chick'n Parmesan, Linguini w/ Sauce, Italian Veggies, Brussel Sprouts, Parker Roll, Yogurt, Juice</p>	<p>4) <b>HOT:</b> Baked Haddock Filet, Whipped Sweet Potatoes, Capri Veggies, Cole Slaw, Roll, Applesauce, Milk  <b>COLD:</b> Turkey Breast Club Sandwich w/ Bacon, Potato Salad, Sliced Beets, Potato Sandwich Bun, Applesauce, Milk <b>VEG:</b> Grilled Marinated Tofu, Whipped Sweet Potatoes, Capri Veggies, Cole Slaw, Roll, Applesauce, Milk</p>	<p>5) <b>HOT:</b> Baked Chicken Thigh, Brown Rice Pilaf, Collard Greens, Marinated Broccoli Salad, Roll, Yogurt, Juice <b>COLD:</b> Roast Beef &amp; Swiss Sandwich, Sandwich Bread, Green Salad, Marinated Chickpea Salad, Yogurt, Juice <b>VEG:</b> Grilled Vegan Chick'n Tenders, Brown Rice Pilaf, Collard Greens, Marinated Broccoli Salad, Roll, Yogurt, Juice</p>	<p>6) <b>HOT:</b> Shredded Beef Stew w/ Vegetable, Boiled Potatoes, Broccoli, Roll, Milk, Diced Watermelon <b>COLD:</b> Lemon Caper Fettucine Pasta Salad w/ Grilled Salmon, Sliced Beets, Black Bean &amp; Corn Salad, Roll, Milk, Diced Watermelon <b>VEG:</b> Vegan Beef Stew w/ Vegetable, Boiled Potatoes, Broccoli, Roll, Milk, Diced Watermelon</p>
<p>9) <b>HOT:</b> Chicken Chili w/ Pinto Beans, Potato Wedges, Key Largo Veggies, Cornbread, Fruit Cocktail, Milk <b>COLD:</b> Grilled Tuna &amp; Pasta Salad, Green Pea Salad, Stewed Tomatoes, Cornbread, Fruit Cocktail, Milk <b>VEG:</b> Vegan Chili w/ Pinto Beans, Potato Wedges, Key Largo Veggies, Cornbread, Fruit Cocktail, Milk</p>	<p>10) <b>HOT:</b> Pulled Beef BBQ, Mini Baked Potatoes, Green Beans, Bun, Yogurt, Juice  <b>COLD:</b> Bacon, Lettuce, &amp; Tomato Sandwich, Sliced Beets, Kale Salad w/ Cranberries, Sliced Carrots, Yogurt, Juice <b>VEG:</b> Pulled Vegan Beef BBQ, Mini Baked Potatoes, Green Beans, Bun, Yogurt, Juice</p>	<p>11) <b>HOT:</b> Over Fried Chicken Drumsticks, Brown Rice Pilaf, Collard Greens, Corn, Roll, Diced Peaches, Milk <b>COLD:</b> Baked Salmon Salad, Hard Boiled Egg, Arcadian Green Salad, Roll, Diced Peaches, Milk <b>VEG:</b> Over Fried Chick'n Tenders, Brown Rice Pilaf, Collard Greens, Corn, Roll, Diced Peaches, Milk</p>	<p>12) <b>HOT:</b> Fish Taco w/ Salmon, Spanish Rice, Pico de Gallo, Vinegar Cabbage Slaw, Tortillas, Yogurt, Juice <b>COLD:</b> Chicken Salad, Bun, Caesar Salad, Carrot-Raisin Salad, Yogurt, Juice <b>VEG:</b> Marinated Tofu Tacos, Spanish Rice, Pico de Gallo, Vinegar Cabbage Slaw, Tortillas, Yogurt, Juice</p>	<p>13) <b>HOT:</b> Beef Lasagna, Broccoli Florets, Wax Beans, Caesar Salad, Roll, Whole Orange, Milk <b>COLD:</b> Honey-Roasted Turkey &amp; Cheddar, Sandwich Bread, Green Bean Salad, Cucumber Slices, Whole Orange, Milk <b>VEG:</b> Vegetable Lasagna, Broccoli Florets, Wax Beans, Caesar Salad, Roll, Whole Orange, Milk</p>

<p>16) <b>HOT:</b> BBQ Chicken Drumsticks, Whipped Sweet Potatoes, Green Beans, Cornbread, Cinnamon Apple Slices, Milk</p> <p><b>COLD:</b> Egg Salad Plate, Macaroni Salad, Spinach Salad, Carrot-Raisin, Roll, Cinnamon Apple Slices, Milk</p> <p><b>VEG:</b> BBQ Vegan Chick'n Breast, Whipped Sweet Potatoes, Green Beans, Cornbread, Cinnamon Apple Slices, Milk</p>	<p>17) <b>HOT:</b> Baked Salmon Chunks w/ Tomato &amp; Zucchini Saute, Orzo Pasta w/ White Sauce, Green Peas, Green Salad, Naan Bread, Yogurt, Juice</p> <p><b>COLD:</b> Grilled Chicken Breast, Wild Rice Salad, Marinated Tomato Salad, Cucumber Slices, Naan Bread, Yogurt, Juice</p> <p><b>VEG:</b> Veggie, Cheese, &amp; Lentil Stuffed Pepper, Warm Farro Salad, Green Peas, Sliced Zucchini, Naan Bread, Yogurt, Juice</p>	<p>18) <b>HOT:</b> Lemon-Basil Chicken, Brown Rice Pilaf, Green Beans, Corn, Roll, Fruit Cocktail, Milk</p> <p><b>COLD:</b> Seafood Pasta Salad on a bed of Spinach, Sliced Beets, Roll, Fruit Cocktail, Milk</p> <p><b>VEG:</b> Vegan Lemon-Basil Chick'n, Brown Rice Pilaf, Green Beans, Corn, Roll, Fruit Cocktail, Milk</p> <p><b>***BIRTHDAY CUPCAKE***</b></p>	<p>19) <b>HOT:</b> Shredded Beef Stroganoff w/ Buttered Penne, Spinach, Apple Slaw, Roll, Yogurt, Juice</p> <p><b>COLD:</b> Curry Chicken Salad w/ Grapes, Split Sandwich Roll, Red Potato Salad, Cucumber Slices, Yogurt, Juice</p> <p><b>VEG:</b> Vegan Beef Stroganoff w/ Buttered Penne, Spinach, Apple Slaw, Roll, Yogurt, Juice</p>	<p>20) <b>HOT:</b> Chicken Cacciatore, Linguini w/ Sauce, Italian Vegetables, Spinach Salad, Roll, Pear, Milk</p> <p><b>COLD:</b> Roast Beef &amp; American Cheese, Sandwich Roll, Cole Slaw, Marinated Broccoli Salad, Pear, Milk</p> <p><b>VEG:</b> Vegan Chick'n Cacciatore, Linguini w/ Sauce, Italian Vegetables, Spinach Salad, Roll, Pear, Milk</p>
<p>23) <b>HOT:</b> Beef Cheeseburger, Potato Wedges, Marinated Mixed Veggie Salad, Sandwich Roll, Diced Peaches, Milk</p> <p><b>COLD:</b> Fettucine w/ Grilled Chicken &amp; Diced Tomatoes, Marinated Mixed Veggie Salad, Carrot-Raisin Salad, Roll, Peaches, Milk</p> <p><b>VEG:</b> Vegan Cheeseburger, Potato Wedges, Marinated Mixed Veggie Salad, Sandwich Roll, Diced Peaches, Milk</p>	<p>24) <b>HOLIDAY MEAL</b></p> <p> <b>HOT:</b> Honey Glazed Ham, Whipped Sweet Potato, Kale w/ Garlic &amp; Lemon, Mixed Vegetables, Cornbread, Yogurt, Juice</p> <p><b>COLD:</b> Salmon Salad w/ Dill, Spinach Salad w/ Grapes, Corn &amp; Pepper Salad, Sliced Cucumbers, Cornbread, Yogurt, Juice</p> <p><b>VEG:</b> Honey Glazed Vegan Chick'n, Whipped Sweet Potato, Kale w/ Garlic &amp; Lemon, Mixed Vegetables, Cornbread, Yogurt, Juice</p>	<p>25) </p>	<p>26) <b>HOT:</b> Chicken Pot Pie, White Rice Pilaf, Spinach Salad w/ Grapes, Glazed Baby Carrots, Roll, Yogurt, Juice</p> <p> <b>COLD:</b> Roasted Pork Loin, Orzo Pasta Salad, Carrot-Raisin Salad, Sandwich Roll, Yogurt, Juice</p> <p><b>VEG:</b> Vegan Chick'n Pot Pie, White Rice Pilaf, Spinach Salad w/ Grapes, Glazed Baby Carrots, Roll, Yogurt, Juice</p>	<p>27) <b>HOT:</b> BBQ Beef Tips, Baby Baked Potatoes, Green Peas, Sliced Carrots, Roll, Pear, Milk</p> <p><b>COLD:</b> Pesto Chicken Salad, Pasta Salad, Marinated Tomato Salad, Cucumber Slices, Roll, Pear, Milk</p> <p><b>VEG:</b> BBQ Vegan Beef Tips, Baby Baked Potatoes, Green Peas, Sliced Carrots, Roll, Pear, Milk</p>
<p>30) <b>HOT:</b> No-Salt Old Bay Baked Haddock Filet, Cous Cous, 3 Bean Salad, Sauteed Spinach, Roll, Apple, Milk</p> <p> <b>COLD:</b> Ham &amp; Swiss, Potato Sandwich Bun, No-Mayo Potato Salad, Celery Sticks, Apple, Milk</p> <p><b>VEG:</b> Tofu w/ Black Bean Sauce, Cous Cous, 3 Bean Salad, Sauteed Spinach, Roll, Apple, Milk</p>	<p>31) <b>HOT:</b> Rotisserie Chicken, Baked Sweet Potato, Italian Veggies, Cornbread, Yogurt, Juice</p> <p><b>COLD:</b> Curry Chicken Salad, Orzo Pasta Salad, Green Bean Salad, Sliced Cucumber, Roll, Yogurt, Juice</p> <p><b>VEG:</b> Vegan Rotisserie Chick'n, Baked Sweet Potato, Italian Veggies, Cornbread, Yogurt, Juice</p>	<p><b>Nutrition Note:</b></p> <p>“The holidays can be a season of comfort and joy, while also being a source of germs. A healthy diet can bolster your immune system and help fend off illnesses. Consume plenty of fruits, vegetables, lean proteins and whole grains. Hydrate adequately with water, herbal teas and clear broths. Vitamins C, D, and E, along with zinc and probiotics, can also complement a balanced diet during cold and flu season.” – Indiana University Health</p> <p><a href="https://iuhealth.org/thrive/how-to-stay-healthy-during-the-holiday-season">https://iuhealth.org/thrive/how-to-stay-healthy-during-the-holiday-season</a></p>		