

NAME: _____

TELEPHONE #: _____

July 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>1) HOT: Oven Fried Chicken Drumsticks, Mac & Cheese, Spinach, Sliced Carrots, Roll, Apple Sauce COLD: Turkey Salad, 3-Bean Salad, Green Salad, Roll, Lettuce & Tomato, Apple Sauce VEG: Oven Fried Vegan Chick'n Drumsticks, Mac & Cheese, Spinach, Sliced Carrots, Roll, Apple Sauce</p>	<p>2) HOT: Spaghetti w/Meat sauce, Lima Beans, Cauliflower, Breadstick, Yogurt COLD: Tuna Macaroni Salad, Sliced Beets, Cole Slaw, Roll, Yogurt VEG: Baked Ziti w/Ricotta & Mozzarella, Lima Beans, Cauliflower, Breadstick, Yogurt</p>	<p>3) HOT: Lemon-Basil Chicken, Wild Rice Pilaf, Peas, Yellow Squash, Roll, Fruit Cocktail COLD: Roast Beef & Cheddar, Potato Salad, Sliced Beets, Roll, Fruit Cocktail VEG: Vegan Lemon-Basil Chick'n, Wild Rice Pilaf, Peas, Yellow Squash, Roll, Fruit Cocktail</p>	<p>4) HOLIDAY </p>	<p>5) HOT: London Broil Tips, Egg Noodles, Spinach, Corn, Roll, Orange COLD: Grilled Chicken Breast, Green Salad, Marinated Broccoli, Roll, Orange VEG: Vegan Beef Tips w/Mushrooms & Gravy, Egg Noodles, Spinach, Corn, Roll, Orange</p>
<p>8) HOT: BBQ Chicken Legs, Whipped Sweet Potatoes, Baby Carrots, Cornbread, Apple COLD: Egg Salad Plate, Macaroni Salad, Spinach Salad, Carrot-Raisin Salad, Apple VEG: BBQ Vegan Chick'n Breast, Whipped Sweet Potatoes, Baby Carrots, Cornbread, Apple</p>	<p>9) HOT: Meatloaf, Mashed Potatoes, Green Beans, Roll, Yogurt COLD: Turkey Breast & Cheddar, Roll, Green Bean Salad, Cucumber Slices, Yogurt VEG: Vegan Meatloaf, Mashed Potatoes, Green Beans, Roll, Yogurt</p>	<p>10) HOT: Chicken Parmesan, Linguini w/Marinara, Italian Veggies, Corn, Roll, Orange COLD: Grilled Tuna & Pasta Salad, Pea Salad, Stewed Tomatoes, Roll, Orange VEG: Vegan Chick'n Parmesan, Linguini w/Marinara, Italian Veggies, Corn, Roll, Orange</p>	<p>11) HOT: BBQ Beef Tips, Creamy Spinach, Summer Squash, Roll, Yogurt  COLD: Ham & Swiss, Sandwich Bun, Potato Salad, Carrot Sticks, Yogurt VEG: Vegan BBQ Meatball, Creamy Spinach, Summer Squash, Roll, Yogurt</p>	<p>12) HOT: Blackened Fish Filet, Stewed Tomatoes, Black-eyed Peas, Brussel Sprouts, Roll, Banana COLD: Lemon-Caper Rotini w/Grilled Chicken, Green Salad, Tomato Wedges, Roll, Banana VEG: Stir Fried Tofu & Veggies, Stewed Tomatoes, Black-eyed Peas, Brussel Sprouts, Roll, Banana</p>
<p>15) HOT: Tex Mex Beef Chili w/Pinto Beans, Baked Baby Potatoes, Key Largo Veggies, Cornbread, Pear COLD: Turkey Quinoa Salad, Black Bean & Corn Salad, Green Salad, Cornbread, Pear VEG: Vegan Beef & Bean Chili w/Pinto Beans, Baked Baby Potatoes, Key Largo Veggies, Cornbread, Pear</p>	<p>16) TASTE THE WORLD HOT: Beef Stroganoff, Noodles, Steamed Cabbage, Carrot Slices, Sourdough Roll, Yogurt, Apple  COLD: Russian Tea Sandwich w/Pork Kielbasa, Radish & Cucumber Salad, Coleslaw, Sliced Beets, Sourdough Roll, Yogurt, Apple VEG: Mushroom Stroganoff w/ White Beans, Noodles, Steamed Cabbage, Carrot Slices, Sourdough Roll, Yogurt, Apple WELCOME TO RUSSIA!</p>	<p>17)  HOT: Baked Pork Chop & Gravy, Stewed Lentils, Collard Greens, Baked Sweet Potato, Roll, Diced Pineapple COLD: Curry Chicken Salad, Cucumber Salad, Tomato Wedges, Roll, Diced Pineapple VEG: Veggie Burger w/Vegetable Gravy, Stewed Lentils, Collard Greens, Baked Sweet Potato, Roll, Diced Pineapple ***BIRTHDAY CUPCAKE***</p>	<p>18) HOT: Creamy Chicken Primavera w/Fettucine, Green Beans, Sauteed Kale, Roll, Banana COLD: Seafood Pasta, Sliced Beets, Cole Slaw, Breadstick, Banana VEG: Creamy Vegan Chick'n Primavera w/Fettucine, Green Beans, Sauteed Kale, Roll, Banana</p>	<p>19) HOT: Baked Haddock Filet, Sandwich Bun, Brown Rice Pilaf, Spinach, Corn, Banana  COLD: Diced Ham & Grain Pasta Salad, 3-Bean Salad, Carrot-Raisin Salad, Roll, Banana VEG: Tofu w/Black Bean Sauce, Brown Rice Pilaf, Spinach, Corn, Banana</p>

<p>22) HOT: Beef Sloppy Joes, Coleslaw, Sliced Carrots, Sandwich Bun, Apple COLD: Fettucine w/Diced Tomatoes & Grilled Chicken, Broccoli Florets, Carrot-Raisin Salad, Apple VEG: Grilled Veggie & Bean Quesadilla, Coleslaw, Sliced Carrots, Apple</p>	<p>23) HOT: Rotisserie Chicken, Whipped Sweet Potato, Italian Veggies, Cornbread, Yogurt COLD: Tuna Salad, Sandwich Bun, Spinach Salad w/Grapes, Corn & Pepper Salad, Yogurt VEG: Vegan Rotisserie Chick'n, Whipped Sweet Potato, Italian Veggies, Cornbread, Yogurt</p>	<p>24) HOT: Lemon-Caper Fettucine w/Grilled Chicken, Baby Carrots, Black Beans & Corn, Roll, Fruit Cocktail COLD: Smoked Turkey Breast, Roll, Sliced Beets, Black Bean & Corn Salad, Fruit Cocktail VEG: Lemon Caper Fettucine w/Vegan Grilled Chick'n, Baby Carrots, Black Beans & Corn, Roll, Fruit Cocktail</p>	<p>25) HOT: Salisbury Steak w/Gravy, Mashed Potatoes, Collard Greens, Mixed Vegetables, Roll, Yogurt COLD: Turkey Breast & Swiss, Potato Salad, Sliced Beets, Sandwich Bun, Yogurt VEG: Curried Tofu, Mashed Potatoes, Collard Greens, Mixed Vegetables, Roll, Yogurt</p>	<p>26) HOT: Broiled Flounder, Warm Farro Salad, Peas, Sliced Zucchini, Roll, Diced Mango COLD: Curry Chicken Salad, Wild Rice Salad, Marinated Tomato Salad, Cucumber Slices, Roll, Diced Mango VEG: Veggie, Cheese, & Lentil Stuffed Pepper, Warm Farro Salad, Peas, Sliced Zucchini, Parker House Roll, Diced Mango</p>
<p>29) TASTE THE USA! HOT: Chicken Gumbo, Brown Rice, Roasted Spiced Okra, Pea Salad, Biscuit, Strawberries  COLD: Mini Muffuletta, Coleslaw, 3-Bean Salad, Strawberries VEG: Red Beans & Rice, Roasted Spiced Okra, Pea Salad, Biscuit, Strawberries WELCOME TO LOUISIANA</p>	<p>30) HOT: Baked Ziti w/Beef, Green Beans, Capri Vegetables, Breadstick, Fruit Cocktail COLD: Fettucine Pasta w/Diced Tomatoes & Grilled Chicken, Broccoli, Carrot, Raisin Salad, Roll, Fruit Cocktail VEG: Baked Ziti w/Veggies, Ricotta, & Mozzarella, Green Beans, Capri Vegetables, Breadstick, Fruit Cocktail</p>	<p>31) HOT: Chicken Ala King w/Veggies, Rice Pilaf, Spinach, Roll, Diced Watermelon COLD: Egg Salad Plate, Pasta Salad, Spinach Salad, Carrot-Raisin Salad, Roll, Diced Watermelon VEG: Veggie & Tofu Ala King, Rice Pilaf, Spinach, Roll, Diced Watermelon</p>	<p>Nutrition Notes: Russians typically grow potatoes, radishes, and cucumbers and pickle or store them. They try to grow enough potatoes and cabbage to last the winter. They often keep enough potatoes, flour, jams, and canned food to last for six months. An average family harvests fifteen 100-pound packs of potatoes a year. Cucumbers and carrots are pickled so they can be eaten months later. - https://factsanddetails.com/russia/People_and_Life/</p>	