

NAME: _____

TELEPHONE #: _____

November 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

Nutrition Notes: "Don't 'save' your appetite for turkey and trimmings. Arriving at Thanksgiving dinner hungry guarantees overeating. Curb your appetite beforehand with a healthy snack like fruit, yogurt, or a handful of nuts so you don't eat more than you need. However, eating a whole slice of pie won't make you gain weight in a day, just as eating salad and running won't make you lose weight in a day. Eat mindfully, and be thankful for good food, family, and being together, which is what the holidays are all about!" - Tara Joyce, RD

1)
HOT: Baked Haddock, Rice Pilaf, Sliced Carrots, Collard Greens w/ Lemon, Dinner Roll, Apple, Milk
COLD: Egg Salad, Cucumber Salad, Marinated Broccoli, Sandwich Roll, Apple, Milk
VEG: Curried Chickpeas, Rice Pilaf, Sliced Carrots, Collard Greens w/ Lemon, Dinner Roll, Apple, Milk

4)
HOT: Tex Mex Beef Chili w/ Pinto Beans, Potato Wedges, Key Largo Veggies, Cornbread, Diced Watermelon, Milk
COLD: Grilled Tuna & Pasta Salad, Green Pea Salad, Stewed Tomatoes, Cornbread, Diced Watermelon, Milk
VEG: Vegan Chili w/ Pinto Beans, Potato Wedges, Key Largo Veggies, Cornbread, Diced Watermelon, Milk


5)
HOT: Fish Tacos w/ Tilapia & Salsa, Spanish Rice, Refried Beans, Vinegar Cabbage Slaw, Tortilla, Yogurt, Juice
COLD: Honey-Roasted Turkey & Cheddar, Bread, Green Bean Salad, Cucumber Slices, Yogurt, Juice
VEG: Marinated Tofu Tacos & Salsa, Spanish Rice, Refried Beans, Vinegar Cabbage Slaw, Tortilla, Yogurt, Juice

6)
HOT: Oven Fried Chicken Drumsticks, Wild Rice Pilaf, Collard Greens, Corn, Roll, Fruit Cocktail, Milk
 **COLD:** Bacon, Lettuce, & Tomato, Bread, Sliced Beets, Kale Salad w/ Cranberries, Sliced Carrots, Fruit Cocktail, Milk
VEG: Oven Fried Vegan Chick'n Breast, Wild Rice Pilaf, Collard Greens, Corn, Roll, Fruit Cocktail, Milk

7)
HOT: Meatloaf, Mashed Potatoes, Steamed Cabbage, 3-bean Salad, Roll, Yogurt, Juice
COLD: No-Mayo Chicken Macaroni Salad, Caesar Salad, 3-Bean Salad, Roll, Yogurt, Juice
VEG: Vegan Meatloaf, Mashed Potatoes, Steamed Cabbage, 3-bean Salad, Roll, Yogurt, Juice

8)
HOT: Chicken Cacciatore, Linguini w/ Sauce, Italian Veggies, Sauteed Spinach, Roll, Pear, Milk
COLD: Roast Beef & American Cheese, Sandwich Roll, Cole Slaw, Marinated Broccoli, Pear, Milk
VEG: Vegan Chick'n Cacciatore, Linguini w/ Sauce, Italian Veggies, Sauteed Spinach, Roll, Pear, Milk

11)



12)
HOT: BBQ Chicken, Whipped Sweet Potatoes, Green Salad, Cornbread, Yogurt, Juice
COLD: Egg Salad Plate, Macaroni Salad, Spinach Salad, Carrot-Raisin Salad, Roll, Yogurt, Juice
VEG: BBQ Vegan Chick'n Breast, Whipped Sweet Potatoes, Green Salad, Cornbread, Yogurt, Juice

13)
HOT: Lemon-Basil Chicken, Wild Rice Pilaf, Green Peas, Corn, Roll, Fruit Cocktail, Milk
COLD: Curry Chicken Salad w/ Grapes, Split Sandwich Roll, Red Potato Salad, Cucumber Slices, Fruit Cocktail, Milk
VEG: Vegan Lemon-Basil Chick'n, Wild Rice Pilaf, Green Peas, Corn, Roll, Fruit Cocktail, Milk

14)
HOT: Shredded Beef Stroganoff, Mini Baked Potatoes, Spinach, Apple Slaw, Roll, Orange, Milk
COLD: Seafood Pasta Salad, Sliced Beets, Apple Slaw, Roll, Orange, Milk
VEG: Vegan Beef Stroganoff, Mini Baked Potatoes, Spinach, Apple Slaw, Roll, Orange, Milk

15)
HOT: Beef Lasagna, Broccoli Florets, Wax Beans, Garlic Breadstick, Orange, Milk
COLD: Chicken Salad, Sandwich Bun, Caesar Salad, Carrot-Raisin Salad, Orange, Milk
VEG: Vegetable Lasagna, Broccoli Florets, Wax Beans, Garlic Breadstick, Orange, Milk

<p>18) HOT: Beef Cheeseburger, Potato Wedges, Collard Greens, Marinated Mixed Veggie Salad, Sandwich Roll, Diced Watermelon, Milk COLD: Fettucine w/ Grilled & Diced Tomatoes, Marinated Mixed Veggie Salad, Roll, Diced Watermelon, Milk VEG: Vegan Cheeseburger, Potato Wedges, Collard Greens, Marinated Mixed Veggie Salad, Sandwich Roll, Diced Watermelon, Milk</p>	<p>19) HOT: Rotisserie Chicken, Baked Sweet Potato, Italian Veggies, Cornbread, Yogurt, Juice COLD: Salmon Salad, Spinach Salad w/ Grapes, Corn & Pepper Salad, Pita Bread, Yogurt, Juice VEG: Vegan Rotisserie Chicken, Baked Sweet Potato, Italian Veggies, Cornbread, Yogurt, Juice</p>	<p>20) HOT: Baked Salmon Chunks w/ Tomato & Zucchini Sauté, Orzo Pasta w/ White Sauce, Green Peas, Green Salad, Naan Bread, Cinnamon Apple Slices, Milk COLD: Grilled Chicken Breast, Wild Rice Salad, Marinated Tomato Salad, Cucumber Slices, Naan Bread, Cinnamon Apple Slices, Milk VEG: Veggies, Cheese, & Lentil Stuffed Pepper, Warm Farro Salad, Green Peas, Sliced Zucchini, Naan Bread, Cinnamon Apple Slices, Milk ***BIRTHDAY CUPCAKE***</p>	<p>21) HOT: Chicken Pot Pie, Rice Pilaf, Spinach, Carrot-Raisin Salad, Roll, Yogurt, Juice  COLD: Roasted Pork Loin, Orzo Pasta Salad, Sandwich Roll, Yogurt, Juice VEG: Vegan Chick'n Pot Pie, Rice Pilaf, Spinach, Carrot-Raisin Salad, Roll, Yogurt, Juice</p>	<p>22) HOT: BBQ Beef Tips, Baby Baked Potatoes, Green Peas, Sliced Carrots, Roll, Pear, Milk COLD: Pesto Chicken Salad, Pasta Salad, Marinated Tomato Salad, Cucumber Slices, Roll, Pear, Milk VEG: BBQ Vegan Beef Tips, Baby Baked Potatoes, Green Peas, Sliced Carrots, Roll, Pear, Milk</p>
<p>25) HOT: No-Salt Old Bay Baked Haddock, Bulgur Wheat, 3-Bean Salad, Sauteed Spinach, Roll, Apple, Milk  COLD: Ham & Swiss, Potato Sandwich Bun, No-Mayo Potato Salad, Celery Sticks, Apple, Milk VEG: No-Salt Old Bay Baked Tofu, Bulgur Wheat, 3-Bean Salad, Sauteed Spinach, Roll, Apple, Milk</p>	<p>26)  HOT: Pork Tenderloin w/ Honey Mustard Sauce, Wild Rice Pilaf, Garlic Kale, Mixed Vegetables, Roll, Yogurt, Juice COLD: Curry Chicken Salad, Orzo Pasta Salad, Green Bean Salad, Sliced Cucumber, Dinner Roll, Apple, Milk VEG: Vegan Curry Chicken Salad, Orzo Pasta Salad, Green Bean Salad, Sliced Cucumber, Dinner Roll, Yogurt, Juice</p>	<p>27) HOT: Turkey Breast w/ Gravy, Herb Stuffing, Green Beans, Glazed Baby Carrots, Cornbread, Apple, Milk  COLD: Baked Ham & Pineapple Chunks, Marinated Tomato Salad, Sweet Potato Salad, Roll, Apple, Milk VEG: Vegan Chick'n Breast w/ Gravy, Herb Stuffing, Green Beans, Glazed Baby Carrots, Cornbread, Apple, Milk ***HAPPY THANKSGIVING***</p>	<p>28) </p>	<p>29) </p>