

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

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

**JULY 2025****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**

1)  
**HOT:** Baked Ziti w/ Meat Sauce, Green Beans, Corn Roll, Yogurt, Juice



**COLD:** Italian Orzo Pasta Salad w/ Roast Pork, Marinated Broccoli Salad, Tomato Wedges, Garlic Roll, Yogurt, Juice

**VEG:** Vegetarian Baked Ziti, Green Beans, Corn, Roll, Yogurt, Juice

2)  
**HOT:** Blackened Haddock w. Sauteed Tomatoes, Brown Rice Pilaf, Collard Greens, Mixed Veg, Roll, Milk, Applesauce

**COLD:** Lime-Dill Rotini w/ Grilled Chicken, Sliced Beets, Carrot-Raisin Salad, Roll, Pear, Milk


**VEG:** Vegan BBQ Beef Tips, Brown Rice Pilaf, Collard Greens, Mixed Veg, Roll, Milk, Applesauce

3)  
**HOT:** Chicken Fajitas w/ Peppers, Spanish Rice, Black Beans & Corn, Mexican Zucchini, Tortilla, Yogurt, Juice

**COLD:** Roast Beef & American Cheese, Cole Slaw, Marinated Broccoli, Sandwich Roll, Yogurt, Juice

**VEG:** Vegan Chick'n Fajitas w/ Peppers, Spanish Rice, Black Beans & Corn, Mexican Zucchini, Tortilla, Yogurt, Juice



7)  
 **HOT:** Roasted Pork Tenderloin w/ Gravy, Mashed Potatoes, Sauteed Kale, Mixed Vegetables, Roll, Orange, Milk,

**COLD:** Turkey Breast & Pepperjack, Sandwich Bread, Sliced Beets, Potato Salad, Orange, Milk

**VEG:** BBQ Vegan Chick'n, Mashed Potatoes, Sauteed Kale, Mixed Veg, Roll, Orange, Milk,

8)  
**HOT:** Fish Tacos w/ Salmon & Salsa, Spanish Rice, Black Beans, Green Salad, Tortilla, Yogurt, Juice

**COLD:** Chicken Salad, Spinach Salad w/ Grapes & Feta, Corn & Pepper Salad, Pita Bread, Yogurt, Juice

**VEG:** Tofu Tacos w/ Salsa, Spanish Rice, Black Beans, Green Salad, Tortilla, Yogurt, Juice

9)  
**HOT:** Roast Chicken Thighs, Baby Baked Potatoes, Italian Mixed Vegetables, Caesar Salad, Roll, Milk, Fruit Cocktail

**COLD:** Dilled Egg Salad, Sandwich Bun, Cole Slaw, Caesar Salad, Milk, Fruit Cocktail

**VEG:** Gnocchi w/ Chickpeas & Bechamel Sauce, Italian Mixed Vegetables, Caesar Salad, Roll, Milk, Fruit Cocktail

10)  
**HOT:** Shredded Beef Stroganoff, Buttered Pene Pasta, Spinach, Cole Slaw, Roll, Yogurt, Juice


**COLD:** Seafood Pasta Salad, Carrot-Raisin Salad, 3-Bean Salad, Corn Bread, Yogurt, Juice

**VEG:** Shredded Vegan Beef Stroganoff, Buttered Pene Pasta, Spinach, Cole Slaw, Roll, Yogurt, Juice

11)  
**HOT:** Chicken Marsala, Rice Pilaf, Broccoli, Succotash, Parkerhouse Roll, Diced Peaches, Milk

**COLD:** Baked Salmon Salad, Hard Boiled Egg, Arcadian Blend Green Salad, Diced Peaches, Milk

**VEG:** Vegan Chick'n Marsala, Rice Pilaf, Broccoli, Succotash, Parkerhouse Roll, Diced Peaches, Milk

<p>14) <b>HOT:</b> Terriyaki Chicken Legs, Brown Rice, Sauteed Kale w/ Diced Tomato &amp; Onion, Stir Fry Veggies, Cornbread, Milk, Apple</p> <p><b>COLD:</b> Egg Salad Plate, Cous Cous Salad, Green Bean Salad, Cole Slaw, Cornbread, Milk, Apple</p> <p><b>VEG:</b> Terriyaki Vegan Chick'n Breast, Brown Rice, Sauteed Kale w/ Diced Tomato &amp; Onion, Stir Fry Veggie Blend, Cornbread, Milk, Apple</p>	<p>15)  <b>HOT:</b> BBQ Pulled Pork, Baby Baked Potatoes, Cole Slaw, Sliced Carrots, Sandwich Bun, Yogurt, Juice</p> <p><b>COLD:</b> Tuna Salad Stuffed Tomato, Potato Salad, Cucumber Salad, Sliced Beets, Pita, Yogurt, Juice</p> <p><b>VEG:</b> Grilled Veggie &amp; Cheese Stuffed Tomato, Baby Baked Potatoes, Cole Slaw, Sliced Carrots, Sandwich Bun, Yogurt, Juice</p>	<p>16) <b>**BIRTHDAY CUPCAKE DAY**</b> <b>HOT:</b> Chicken Parmesan, Spaghetti w/ Sauce, Italian Veggies, Marinated Broccoli Salad, Garlic Roll, Milk, Sliced Apples</p> <p> <b>COLD:</b> Ham &amp; Swiss Cheese, Sandwich Bread, 3-Bean Salad, Marinated Broccoli Salad, Sliced Carrots, Milk, Sliced Apples</p> <p><b>VEG:</b> Vegan Chick'n Parmesan, Spaghetti w/ Sauce, Italian Veggies, Marinated Broccoli Salad, Garlic Roll, Milk, Sliced Apples</p>	<p>17) <b>HOT:</b> Beef Chili w/ Beans, Baby Baked Potatoes, Green Salad, Cornbread, Yogurt, Juice</p> <p><b>COLD:</b> Salmon Pasta Salad, Cucumber Salad, Sliced Beets, Cornbread, Yogurt, Juice</p> <p><b>VEG:</b> Veggie Chili w/ Beans, Baby Baked Potatoes, Green Salad, Cornbread, Yogurt, Juice</p>	<p>18) <b>HOT:</b> Lemon-Pepper Flounder and Gnocchi w/ White Sauce, Sauteed Kale, Cauliflower, Caesar Salad, Roll, Milk, Pear</p> <p><b>COLD:</b> Grilled Chicken Strips, Caesar Salad, Carrot-Raisin Salad, Cornbread, Milk, Pear</p> <p><b>VEG:</b> Vegan Meatballs w/ Gravy, Gnocchi w/ White Sauce, Sauteed Kale, Cauliflower, Caesar Salad, Roll, Milk, Pear</p>
<p>21) <b>HOT:</b> Beef Sloppy Joe, Steak Cut Fries, Key Largo Veggies, Bun, Milk, Diced Peaches</p> <p><b>COLD:</b> Turkey Breast &amp; American Cheese, Sandwich Bread, Sliced Beets, Potato Salad, Milk Diced Peaches</p> <p><b>VEG:</b> Lentil Sloppy Joe, Steak Cut Fries, Key Largo Veggies, Bun, Milk, Diced Peaches</p>	<p>22) <b>HOT:</b> Lemon-Parsley Fettucine Pasta w/ Grilled Chicken, Corn, Mixed Vegetables, Roll, Yogurt, Juice</p> <p><b>COLD:</b> Roast Beef &amp; Provolone, Greek Potato Salad (No Mayo), 3-Bean Salad, Green Salad, Bun, Yogurt, Juice</p> <p><b>VEG:</b> Lemon-Parsley Fettucine Pasta w/ Vegan Grilled Chick'n, Corn, Mixed Vegetables, Roll, Yogurt, Juice</p>	<p>23)  <b>HOT:</b> Pork Tenderloin w/ Mushroom Gravy, Rice Pilaf, Green Peas, Caesar Salad, Cornbread, Milk, Orange</p> <p><b>COLD:</b> Dilled Egg Salad, Bun, Caesar Salad, Cole Slaw, Milk, Cinnamon Applesauce</p> <p><b>VEG:</b> Vegan Chick'n Breast w/ Mushroom Gravy, Rice Pilaf, Green Peas, Caesar Salad, Cornbread, Milk, Orange</p>	<p>24) <b>HOT:</b> Salisbury Steak w/ Gravy, Mashed Potatoes, Cucumber Salad, Sauteed Mushrooms, Parkerhouse Roll, Yogurt, Juice</p> <p><b>COLD:</b> Krab &amp; Pasta Salad, 3-Bean Salad, Corn &amp; Pepper Salad, Parkerhouse Roll, Yogurt, Juice</p> <p><b>VEG:</b> Veggie, Cheese, &amp; Lentil Stuffed Pepper, Mashed Potatoes, Cucumber &amp; Onion Salad, Sauteed Mushrooms w/ Onions, Parkerhouse Roll, Yogurt, Juice</p>	<p>25) <b>HOT:</b> Chicken Pot Pie w/ Biscuit, Lima Beans, Pacific Mixed Vegetables, Macaroni Salad, Milk, Banana</p> <p> <b>COLD:</b> Bacon, Lettuce, &amp; Tomato (BLT) Sandwich, Orzo Pasta Salad, Carrot-Raisin Salad, Milk, Banana</p> <p><b>VEG:</b> Vegan Chick'n Pot Pie w/ Biscuit, Lima Beans, Pacific Mixed Vegetables, Macaroni Salad, Milk, Banana</p>
<p>28) <b>HOT:</b> Meatloaf, Mashed Potatoes w/ Gravy, Balsamic-Glazed Carrots, Cucumber Salad, Cornbread, Milk, Apple</p> <p> <b>COLD:</b> Peas &amp; Penne Pasta w/ Grilled Pork, Cucumber Salad, Marinated Broccoli Salad, Roll, Milk, Apple</p> <p><b>VEG:</b> Vegan Meatloaf, Mashed Potatoes w/ Gravy, Balsamic-Glazed Carrots, Cucumber Salad, Cornbread, Milk, Apple</p>	<p>29) <b>HOT:</b> No-Salt Old Bay Baked Flounder, Rice Pilaf, Sliced Cucumber, Mashed Cauliflower, Yogurt, Juice</p> <p><b>COLD:</b> Pesto Chicken Salad, Pasta Salad, Marinated Tomato Salad, Sliced Carrots, Roll, Yogurt, Juice</p> <p><b>VEG:</b> Tofu &amp; Black Bean Sauce, Rice Pilaf, Sliced Cucumber, Mashed Cauliflower, Yogurt, Juice</p>	<p>30) <b>HOT:</b> BBQ Chicken, Whipped Sweet Potatoes, Broccoli, Succotash, Parkerhouse Roll, Milk, Fruit Cocktail</p> <p><b>COLD:</b> Tuna Salad Cold Plate, Cole Slaw, 3-Bean Salad, Roll, Milk, Fruit Cocktail</p> <p><b>VEG:</b> BBQ Vegan Chick'n, Whipped Sweet Potatoes, Broccoli, Succotash, Parkerhouse Roll, Milk, Fruit Cocktail</p>	<p>31) <b>HOT:</b> Roast Chicken Drumstick, Wild Rice Pilaf, Collard Greens, Corn, Roll, Yogurt, Juice</p> <p> <b>COLD:</b> Italian Orzo Pasta Salad w/ Roast Pork, Marinated Broccoli Salad, Tomato Wedges, Garlic Roll, Yogurt, Juice</p> <p><b>VEG:</b> Herb Roasted Vegan Chick'n Breast, Wild Rice Pilaf, Collard Greens, Corn, Roll, Yogurt, Juice</p>	<p><b>Nutrition Note:</b> We need fluids to support important functions, including digestion and temperature regulation- especially during the summer. The recommended daily fluid intake for older adults is 13 cups of water per day for men and 9 cups for women. -UCLA Health</p> 

