

July 2021 Congregate Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Beef and Turkey Meatloaf With Mushroom Gravy, Mashed Potatoes, Carrots, Whole Wheat Bread, Banana, 1% Milk	2 Stewed Codfish Rice and Beans, Spinach, Whole Wheat Bread, Pear, 1% Milk
5 Beef Sloppy Joe Corn, Italian Cut Greens Beans, Whole Wheat Bread, Kiwi, 1% Milk	6 Jerk Chicken Brown Rice & Red Beans, Cabbage, Whole Wheat Bread, Banana, 1% Milk	7 Beef Salisbury Steak with Peppers & Onions, Egg Noodles, Broccoli, Whole Wheat Bread, Apple, 1% Milk	8 Spanish Chicken Yellow Rice, Collard Greens, Whole Wheat Bread, Pear, 1% Milk	9 Baked Tilapia with Sofrito, Quinoa with Black Beans & Corn, Spinach, Whole Wheat Bread, Banana, 1% Milk
12 Stuffed Shells with Cheese Italian Blend Veggies, Zucchini, Whole Wheat Bread, Pear, 1% Milk	13 BBQ Chicken Brown Rice, Broccoli, Whole Wheat Bread, Banana, 1% Milk	14 Beef Hamburger Mashed Sweet Potatoes, Spinach, Whole Wheat Bread, Apple, 1% Milk	15 Turkey Breast Couscous, Green Beans, Whole Wheat Bread, Nectarine, 1% Milk	16 Baked Fish Filets White Rice, Normandy Blend Veggies, Whole Wheat Bread, Kiwi, 1% Milk
19 Cheese Blintzes Kale, Mushrooms, Whole Wheat Bread, Nectarine, 1% Milk	20 Pork Tenderloin With Zesty Cilantro Sauce, Rice Pilaf, Collard Greens, Whole Wheat Bread, Applesauce, 1% Milk	21 Turkey Meatloaf with Mushroom Gravy, Mashed Potatoes, Broccoli, Whole Wheat Bread, Banana, 1% Milk	22 Chicken with Stewed Tomatoes Couscous, Italian Blend Veggies, Whole Wheat Bread, Orange, 1% Milk	23 Cod with Lemon Dill Sauce Sweet Potato, Normandy Blend, Whole Wheat Bread, Pear, 1% Milk
26 Veggie Lasagna Broccoli, Cauliflower, Whole Wheat Bread, Apple, 1% Milk	27 Turkey with Gravy Couscous, Spinach, Whole Wheat Bread, Orange, 1% Milk	28 Beef Salisbury Steak with Roasted Mushroom Sauce, Carrots, Mashed Potatoes, Whole Wheat Bread, Pear, 1% Milk	29 Chicken Parmesan Pasta with Spinach & Basil Pesto, Italian Veggies, Whole Wheat Bread, Kiwi, 1% Milk	30 Lemon Pepper Tilapia Brown Rice, Kale, Whole Wheat Bread, Banana, 1% Milk

Fruit subject to change based on availability.