November 2023 Montgomery County CONGREGATE & HDM

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) HOT: Lemon-Caper Chicken, Wild Rice Pilaf, Corn, Green Beans, Roll, Orange COLD: Tuna-Macaroni Salad, Kale, Green Bean Salad, Roll, Apple VEG: Lemon-Caper Chick'n, Wild Rice Pilaf, Corn, Green Beans, Roll, Orange	2) HOT: Country Beef Stew, Boiled Potatoes, Baby Carrots, Green Salad, Roll COLD: Grilled Chicken Breast, Roll, Green Salad, Marinated Broccoli VEG: Mushroom, Veg & Bean Stew, Boiled Potatoes, Baby Carrots, Green Salad, Roll	3) HOT: Cajun Fish Filet, Wheat Bun, Collard Greens, Black-Eyed Peas, Diced Pears COLD: Roast Beef & Cheddar, Roll, Potato Salad, Caesar Salad, Orange VEG: Stewed Lentils & Chick'n, Roll, Collard Greens, Sliced Carrots, Diced Pears
6) HOT: Oven-Fried Chicken Legs, Mac & Cheese, Spinach, Carrot-Raisin Salad, Roll, Apple COLD: Turkey Salad on Wheat, Succotash, Carrot-Raisin Salad, Apple VEG: Oven-Fried Chick'n Breast, Mac & Cheese, Spinach, Carrot-Raisin Salad, Roll, Apple	7) HOT: White Bean & Smoked Turkey Soup, California Veg Blend, Green Salad, Roll COLD: Egg Salad on Whole Wheat, 3-Bean Salad, Green Salad VEG: Vegetarian White Bean Soup, California Veg Blend, Green Salad, Roll	8) HOT: Jamaican Jerk Chicken, Brown Rice, Baked Beans, Squash, Roll, Fruit Cocktail COLD: Smoked Turkey Breast on Whole Wheat, Sliced Beets, Potato Salad, Fruit Cocktail VEG: Caribbean Red & Green Lentils, Brown Rice, Baked Beans, Squash, Roll, Fruit Cocktail	9) HOT: Spaghetti w/Meat Sauce, Sauteed Zucchini, Cauliflower, Roll COLD: Grilled Chicken Caesar Salad, Marinated Tomatoes, Cucumber Slices, Roll VEG: Baked Penne w/Cheese, Sauteed Zucchini, Cauliflower, Roll	10) **CLOSED** **VETERAN'S DAY**
13) HOT: Baked Ziti w/Beef, Green Beans, Capri Veg, Bread Stick, Diced Peaches COLD: Fettuccini w/Grilled Chicken & Diced Tomatoes, Broccoli, Carrot-Raisin Salad, Roll, Diced Peaches VEG: Baked Ziti w/Veg, Ricotta, & Mozzarella, Green Beans, Capri Veg, Bread Stick, Diced Peaches	14) HOT: Chicken Cacciatore, Penne, Peas, Roll COLD: Tuna Salad, Cous Cous Salad, Cucumber Salad, Tomato Wedges, Roll VEG: Chick'n Cacciatore, Penne, Peas, Roll	15) HOT: Pulled Beef BBQ on Whole Wheat Bun, Tater Tots, Broccoli, Pear COLD: Curry Chicken Salad, Wild Rice Medley, Marinated Tomatoes, Cucumber Slices, Roll, Pear VEG: BBQ Tofu, Whole Wheat Bun, Tater Tots, Broccoli, Pear **"BIRTHDAY CAKE DAY"**	16) HOT: Chicken Marsala, Wild Rice Pilaf, Baby Carrots, Green Beans, Roll COLD: Krab & Pasta Salad, 3-Bean Salad, Carrot-Raisin Salad, Roll VEG: Chick'n Marsala, Wild Rice Pilaf, Baby Carrots, Green Beans, Roll	17) HOT: Mojito-Lime Tilapia, Red Beans & Rice, Veg Soup, Cornbread, California Blend, Banana COLD: Ham & Cheese, Bun, Potato Salad, Carrot Sticks VEG: Chik'n Tenders, Red Beans & Rice, Veg Soup, Cornbread, California Blend, Banana

20) HOT: Roast Pork Loin, Baked Beans, Carrots, Mashed Potatoes, Cornbread, Diced Peaches COLD: Lime-Parsley Rotini w/Grilled Chicken, Green Salad, Tomato Wedges, Roll, Diced Peaches VEG: Grilled Veggie & Bean Tacos, Baked Beans, Carrots, Mashed Potatoes, Cornbread, Diced Peaches	21) HOT: Chicken ala King w/Veg, Rice Pilaf, Spinach, Roll COLD: Egg Salad Plate, Pasta Salad, Spinach Salad, Carrot-Raisin Salad, Roll VEG: Tofu ala King w/Veg, Rice Pilaf, Spinach, Roll	22) HOT: Spaghetti w/Meatballs, Mixed Veg, Steamed Kale, Roll, Diced Pears COLD: Grilled Chicken Breast, Green Salad, Marinated Broccoli, Roll, Diced Pears VEG: Cheese Manicotti, Mixed Veg, Steamed Kale, Roll, Diced Pears	23) **CLOSED** **HAPPY THANKSGIVING!**	24) **CLOSED**
27) HOT: Pulled Chicken BBQ, Cornbread, Peas, Potato Wedges, Fruit Cocktail COLD: Turkey Quinoa Salad, Black Bean & Corn Salad, Green Salad, Cornbread, Fruit Cocktail VEG: Pulled Chick'n BBQ, Cornbread, Peas, Potato Wedges, Fruit Cocktail	28) **HAPPY NATIONAL FRENCH TOAST DAY!** HOT: French Toast, Turkey Sausage, Home Fries, Sauteed Cinnamon Apples, Yogurt COLD: Honey Nut Cheerios, Milk, Banana, Chewy Granola Bar, Yogurt VEG: French Toast, Turkey Sausage, Home Fries, Sauteed Cinnamon Apples, Yogurt **Breakfast for Lunch**	29) HOT: Sweet & Sour Chicken, Brown Rice, Broccoli, Asian Veg Blend, Roll, Banana COLD: Grilled Tuna & Pasta Salad, Pea Salad, Stewed Tomatoes, Roll, Banana VEG: Sweet & Sour Chick'n, Brown Rice, Broccoli, Asian Veg Blend, Roll, Banana	30) HOT: Meatloaf w/Gravy, Mashed Potatoes, Capri Veg, Green Salad, Roll COLD: Grilled Chicken Breast, Pasta Salad, Marinated Tomatoes, Cucumber Slices, Roll VEG: Vegan Meatloaf & Gravy, Mashed Potatoes, Capri Veg, Green Salad, Roll	