

NAME: _____

DATE: _____





TELEPHONE: _____

January 2024



Montgomery County

CONGREGATE/HDM

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1)</p> 	<p>2)</p> <p> HOT: Hawaiian-Glazed Pork, Mashed Potatoes, Carrots, Black-Eyed Peas, Cornbread, Juice</p> <p>COLD: Lemon-Caper Rotini w/Grilled Chicken, Green Salad, Tomato Wedges, Roll, Juice</p> <p>VEG: Grilled Veggie & Bean Tacos, Baked Beans, Carrots, Black-Eyed Peas, Corn Bread, Juice</p>	<p>3)</p> <p>HOT: Spaghetti w/Meat Sauce, Lima Beans, Cauliflower, Breadstick, Applesauce</p> <p>COLD: Tuna-Macaroni Salad, Sliced Beets, Cole Slaw, Roll, Whole Pear</p> <p>VEG: Baked Ziti w/Ricotta and Mozzarella, Lima Beans, Cauliflower, Breadstick, Applesauce</p>	<p>4)</p> <p>HOT: Chicken Ala King, Wild Rice Pilaf, Peas, Okra w/Tomatoes, Roll, Juice</p> <p>COLD: Roast Beef & Cheddar on Roll, Potato Salad, Sliced Beets, Juice</p> <p>VEG: Vegan Chick'n Ala King, Wild Rice Pilaf, Peas, Okra w/Tomatoes, Roll, Juice</p>	<p>5)</p> <p>HOT: Mojito Lime Tilapia, Red Beans & Rice, Tomato Salad, California Veggies, Cornbread, Banana</p> <p>COLD: Krab Pasta Salad, Three-Bean Salad, Carrot-Raisin Salad, Roll, Banana</p> <p>VEG: Vegan Chick'n Tenders, Red Beans & Rice, Tomato Salad, California Veggies, Cornbread, Banana</p>
<p>8)</p> <p>HOT: Chicken Parmesan, Whole Grain Linguini w/Sauce, Italian Veggies, Lima Beans, Roll, Orange</p> <p>COLD: Grilled Tuna & Whole Grain Pasta Salad, Green Pea Salad, Stewed Tomatoes, Roll, Orange</p> <p>VEG: Vegan Chick'n Parmesan, Whole Grain Linguini w/Sauce, Italian Veggies, Lima Beans, Roll, Orange</p>	<p>9)</p> <p>HOT: Salisbury Steak & Gravy, Mashed Potatoes, Spinach, Corn, Roll, Juice</p> <p>COLD: Turkey & Cheddar on Whole Wheat, Green Bean Salad, Cucumber Slices, Juice</p> <p>VEG: Curried Vegan Chick'n Breast, Mashed Potatoes, Spinach, Corn, Roll, Juice</p>	<p>10)</p> <p>HOT: BBQ Chicken Legs, Whipped Sweet Potatoes, Sauteed Kale w/Onions, Corn Bread, Apple</p> <p>COLD: Egg Salad Plate, Whole Grain Macaroni Salad, Spinach Salad, Carrot-Raisin Salad, Roll, Apple</p> <p>VEG: BBQ Vegan Chick'n Breasts, Whipped Sweet Potatoes, Sauteed Kale w/Onions, Corn Bread, Apple</p>	<p>11)</p> <p>HOT: Pulled Beef BBQ on Whole Wheat Bun, Coleslaw, Sliced Carrots, Orange</p> <p>COLD: Whole Grain Fettucine w/Diced Tomatoes & Grilled Chicken, Broccoli, Carrot-Raisin Salad, Roll, Orange</p> <p>VEG: BBQ Jackfruit on Whole Wheat Bun, Coleslaw, Sliced Carrots, Orange</p>	<p>12)</p> <p>HOT: Blackened Fish Fillet, Stewed Tomatoes, Rice Pilaf, Brussel Sprouts, Roll, Banana</p> <p>COLD: Lemon-Basil Rotini with Grilled Chicken, Green Salad, Tomato Wedges, Roll, Banana</p> <p>VEG: Stir-Fried Tofu & Veggies, Rice Pilaf, Stewed Tomatoes, Brussel Sprouts, Roll, Banana</p>
<p>15)</p> <p>CLOSED – MLK Day</p> 	<p>16)</p> <p>HOT: Chicken Fajitas, Whole Grain Tortillas, Cilantro-Lime Brown Rice, Black Beans, Green Peas, Juice</p> <p>COLD: Egg Salad on Bun, Caesar Salad, Coleslaw, Juice</p> <p>VEG: Vegan Chick'n Fajitas, Whole Grain Tortillas, Cilantro-Lime Brown Rice, Black Beans, Green Peas, Juice</p>	<p>17)</p> <p> HOT: Baked Pork Chop w/Gravy, Stewed Lentils, Collard Greens, Sliced Carrots, Roll, Diced Pineapple</p> <p>COLD: Curry Chicken Salad on Roll, Cucumber Salad, Tomato Wedges, Diced Pineapple</p> <p>VEG: Veggie Burger w/Vegetable Gravy, Stewed Lentils, Collard Greens, Sliced Carrots, Roll, Diced Pineapple</p>	<p>18)</p> <p>HOT: Lemon-Caper Fettucine w/Grilled Chicken, Sliced Beets, Black Beans & Corn Salad, Roll, Fruit Cocktail</p> <p>COLD: Salmon Pasta Salad, Three-Bean Salad, Carrot-Raisin Salad, Roll, Fruit Cocktail</p> <p>VEG: Lemon-Caper Fettucine w/Grilled Vegan Chicken, Sliced Beets, Black Beans & Corn Salad, Roll, Fruit Cocktail</p>	<p>19)</p> <p>HOT: Broiled Flounder, Brown Rice Pilaf, Steamed Kale, Yellow Squash, Whole Wheat Bun, Banana</p> <p>COLD: Chicken Salad, Wild Rice Salad, Marinated Tomato Salad, Cucumber Slices, Roll, Banana</p> <p>VEG: Tofu w/Black Bean Sauce, Brown Rice Pilaf, Steamed Kale, Yellow Squash, Whole Wheat Bun, Banana</p>

SPECIAL EVENT: COMFORT FOOD CLASSICS WEEK (A full week of food that makes you happy!)

<p>22) HOT: Meatloaf, Mashed Potatoes, Carrots, Wax Beans, Whole Grain Biscuit, Diced Pears</p> <p>COLD: California Chicken Salad w/Grapes & Almonds, Green Salad, Marinated Broccoli, Roll, Diced Pears</p> <p>VEG: Vegan Meatloaf, Mashed Potatoes, Carrots, Wax Beans, Whole Grain Biscuit, Diced Pears</p>	<p>23) HOT: Chicken Pot Pie, Whipped Sweet Potatoes, Italian Veggies, Roll, Juice</p> <p>COLD: Tuna-Salad-Stuffed Tomato, Spinach Salad w/Grapes, Corn & Pepper Salad, Bun, Juice</p> <p>VEG: Vegan Chick'n Pot Pie, Whipped Sweet Potatoes, Italian Veggies, Roll, Juice</p>	<p>24) HOT: Beef Chili w/Beans, Baby Baked Potato, Key Largo Veggies, Green Salad, Cornbread, Apple</p> <p>COLD: Salmon Salad, Couscous Salad, Sliced Beets, Green Salad, Cornbread, Apple</p> <p>VEG: Veggie & Bean Chili, Baby Baked Potato, Key Largo Veggies, Green Salad, Cornbread, Apple</p>	<p>25) HOT: King Ranch Macaroni & Cheese (includes Grilled Chicken & Peppers), Brussel Sprouts, Corn, Parker House Roll, Juice</p> <p>COLD: Oven Fried Drumsticks, Potato Salad, Sliced Beets, Bun, Juice</p> <p>VEG: King Ranch Macaroni & Cheese (includes Grilled Vegan Chick'n & Peppers), Brussel Sprouts, Corn, Parker House Roll, Juice</p>	<p>26) HOT: Baked Salmon Chunks, w/Tomato-Dill Sauce, Warm Farro Salad, Peas, Creamy Chicken Vegetable Soup, Parker House Roll, Diced Peaches</p> <p>COLD: Sesame Noodles w/Chicken, Green Bean Salad, Roll, Diced Peaches</p> <p>VEG: Veggie, Cheese & Lentil Stuffed Pepper, Warm Farro Salad, Peas, Creamy, Parker House Roll, Diced Peaches</p>
<p>29)  HOT: Roasted Pork Loin w/Gravy, Brown Rice Pilaf, Lima Beans, Cole Slaw, Apple</p> <p>COLD: Turkey on Whole Wheat w/Lettuce & Tomato, Sliced Beets, Potato Salad, Apple</p> <p>VEG: Pulled BBQ Jackfruit, Rice Pilaf, Lima Beans, Coleslaw, Bun, Apple</p>	<p>30) HOT: All-Beef Cheeseburger, Potato Wedges, Green Beans, Wheat Bun, Juice</p> <p>COLD: Seafood Pasta Salad, Carrot-Raisin Salad, Three-Bean Salad, Roll, Juice</p> <p>VEG: Veggie Burger, Tater Tots, Green Beans, Bun, Juice</p>	<p>31) TASTE THE WORLD</p> <p>HOT: Chicken Cacciatore, Whole Grain Linguini w/Sauce, Broccoli Gremolata, Balsamic-Glazed Carrots, Breadstick, Orange</p> <p> COLD: Italian Rice Salad with Cubed Ham, Marinated Broccoli Salad, Tomato Wedges, Breadstick, Orange</p> <p>VEG: Vegan Chick'n Cacciatore, Whole Grain Linguini w/Sauce, Broccoli Gremolata, Balsamic-Glazed Carrots, Breadstick, Orange</p> <p>Welcome to Italy!</p>	<p>“One of the strengths of the Italian Mediterranean diet is that your palate is never bored. It satisfies taste without sacrificing the pleasure of good food, because it lets you eat in a healthy and varied way,” says nutritionist Valentina Schirò. “Based mainly on vegetables and fruit, as well as grains and their derivatives, including pasta, legumes, meat, fish, milk and eggs, it does not entirely rule out those foods that are often banished from other diets, such as pizza, desserts and cheeses, which can be consumed occasionally, at most once a week,” continued the expert.</p>	