

June 2023 Montgomery County

Congregate

All meals served with milk and juice.







MONDAY





TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			<p>1) HOT: Beef Ziti Bake w/Tomato Sauce, Broccoli, Whole Wheat Roll, Fresh Fruit</p> <p> COLD: Ham & Provolone on Whole Wheat, Venetian Pasta Salad</p> <p>VEG: Cheese Stuffed Shells w/Marinara, Broccoli</p>	<p>2) HOT: Cheese Omelet, Tater Tots, Stewed Tomatoes, Biscuit, Cinnamon Applesauce</p> <p>COLD: Asian Chicken Salad, Chickpea Salad, Whole Wheat Roll</p> <p>VEG: Honey BBQ Tofu, Tater Tots, Stewed Tomatoes</p>
<p>5) HOT: Swedish Beef Meatballs w/Penne, Green Beans, Whole Wheat Bread, Pears</p> <p>COLD: Chicken Salad on Multi-Grain Bread, Three-Bean Tomato Salad</p> <p>VEG: Lentil Bolognese w/Penne, Green Beans</p>	<p> 6) HOT: Pork Loin w/Apple-Cranberry Demi Glaze, Herbed Brown Rice, Brussels Sprouts, Whole Grain Roll</p> <p>COLD: Turkey & Cheddar on Whole Wheat, Lemon-Dijon Carrot Salad</p> <p>VEG: Bean Burrito, Herbed Rice, Brussels Sprouts</p>	<p>7) HOT: Beef Ziti Bake w/Marinara, Capri Vegetable Blend, Wheat Bread, Hot Spiced Apples</p> <p>COLD: Tuna Salad on Whole Wheat, Black Bean Salad</p> <p>VEG: Cheese Ravioli w/Capri Vegetable Blend, Hot Spiced Apples</p>	<p>8) HOT: Potato-Crusted Pollock, Tartar Sauce, Rosemary White Beans, Broccoli, Whole Grain Roll, Fresh Fruit</p> <p>COLD: Chicken Caesar Salad w/CROUTONS, Venetian Pasta Salad</p> <p>VEG: Vegetarian Stew w/Lentils, Rosemary White Beans, Broccoli</p>	<p> 9) HOT: Italian Sausage, Peppers & Onions, Whole Wheat Bun, Oven-Roasted Potatoes, Carrots, Tropical Fruit</p> <p>COLD: Roast Beef & American on Whole Wheat, Coleslaw</p> <p>VEG: Plant-based Meatballs w/Peppers & Onions, Oven-Roasted Potatoes, Carrots</p>
<p>12) HOT: Beef Sloppy Joe on Hamburger Bun, Garden Vegetable Blend, Apple Crisp</p> <p>COLD: Egg Salad on Whole Wheat, Citrus-Carrot Salad</p> <p>VEG: Cheese Omelet, Garden Vegetables, Apple Crisp</p>	<p>13) HOT: Potato-Crusted Pollock w/Tartar Sauce, Polenta, Carrots, Whole Wheat Bread, Pineapple Tidbits</p> <p>COLD: Roast Beef & Cheddar on Wheat, Tuscany Vegetable Salad</p> <p>VEG: Jamaican Red Beans, Polenta, Carrots</p>	<p> 14) HOT: Pulled Cuban Pork on Bun, Ranch Beans, Coleslaw, Plantains</p> <p>COLD: Greek Chicken Salad w/CROUTONS, Dill Potato Salad</p> <p>VEG: 5-Bean Summer Salad, Dill Potato Salad</p>	<p>15) HOT: Thai Coconut Curry Chicken, Yellow Rice, Tomato-Cucumber Salad, Whole Wheat Pita, Warm Cinnamon Peaches</p> <p>COLD: Lemon-Pepper Tuna Salad on Whole Wheat Pita, Black-eyed Pea Salad</p> <p>VEG: Tofu & Summer Vegetable Curry, Yellow Rice, Tomato-Cucumber Salad</p>	<p>16) <i>Father's Day Special</i> HOT: Roast Beef w/Gravy, Whipped Potatoes, Garden Vegetable Blend, Whole Grain Roll, Fresh Fruit, Brownie</p> <p>COLD: Turkey & Swiss on Whole Wheat, Pasta & Broccoli Salad</p> <p>VEG: Chickpea Salad on Whole Wheat, Pasta & Broccoli Salad</p>

<p>19) <i>Offices Closed</i></p> 	<p>20) <u>HOT</u>: Sweet & Sour Turkey Meatballs, Lo Mein Noodles, Ginger Carrots, Whole Wheat Bread, Tropical Fruit</p>  <p><u>COLD</u>: Ham & Swiss on Whole Wheat, Macaroni Salad</p> <p><u>VEG</u>: General Tso's Tofu, Lo Mein Noodles, Ginger Carrots</p>	<p>21) <u>HOT</u>: Chicken Fried Rice, Broccoli, Whole Grain Roll, Warm Spiced Fruit</p> <p><i>NEW THIS MONTH!</i></p> <p><u>COLD</u>: Shrimp Salad with Old Bay, Multigrain Roll, Apple Slaw, Fresh Fruit</p> <p><u>VEG</u>: Hummus Wrap, Apple Slaw, Fresh Fruit</p>	<p>22) <u>HOT</u>: 10-Grain Pollack on Bun w/Tartar Sauce, Northern Beans, Green Beans, Peaches</p> <p><u>COLD</u>: Asian Chicken Salad w/CROUTONS, Pasta Salad</p> <p><u>VEG</u>: Creamy Basil Chickpea Pasta, Green Beans, Northern Beans</p>	<p>23) <u>HOT</u>: Beef & Bean Burrito w/Enchilada Sauce, Spanish Rice, Fiesta Blend Vegetables, Fresh Fruit</p> <p><u>COLD</u>: Tuna Salad on Potato Roll, Patriotic Bean Salad</p> <p><u>VEG</u>: Vegetable Paella, Spanish Rice, Fiesta Blend Vegetables</p>
<p>26) <u>HOT</u>: Meatloaf w/Gravy, Lima Beans, Parslied Carrots, Whole Wheat Bread, Tropical Fruit</p> <p><u>COLD</u>: Chicken Pasta Salad on Potato Roll, Green Bean Salad</p> <p><u>VEG</u>: Sweet Potato Chickpea Curry, Lima Beans, Parslied Carrots</p>	<p>27) <u>HOT</u>: Creamy Chicken Tikka, Coconut Brown Rice, Green Beans w/Red Peppers, White Bread, Fresh Fruit</p> <p><u>COLD</u>: Turkey & American on White Bread, Mediterranean Lentil Salad</p> <p><u>VEG</u>: Curried Lentils, Coconut Brown Rice, Green Beans w/Red Peppers</p>	<p>28)  <u>HOT</u>: BBQ Pulled Pork w/Bun, Baked Beans, Broccoli Raisin Salad, Warm-Spiced Fruit</p> <p><u>COLD</u>: Chicken Salad on Whole Wheat Pita, Beet Salad w/Mandarin Oranges</p> <p><u>VEG</u>: Sesame Tofu Noodle Salad, Mandarin Orange & Beet Salad</p>	<p>29) <u>HOT</u>: Chicken Marinara w/Rotini, Cauliflower & Broccoli, Whole Grain Roll, Spiced Pears</p>  <p><u>COLD</u>: Ham & American Cheese on Whole Wheat Bun, Mexican Coleslaw</p> <p><u>VEG</u>: Spicy BBQ Soy Meatballs, Cauliflower, Broccoli, Spiced Pears</p>	<p>30) <i>4th of July Special</i> <u>HOT</u>: BBQ Chicken Drumsticks, Potato Roll, Baked Beans, Coleslaw, Apple Crisp, Chocolate Chip Cookie</p> <p><u>COLD</u>: French Bistro Turkey Salad on Whole Grain Roll, Honey-Ginger Carrots</p> <p><u>VEG</u>: Quinoa, Carrots & Brussel Sprouts, Garlic Whipped Potatoes, Garden Vegetable Blend</p>

NUTRITION NOTES: Which is better, wooden or plastic cutting boards? Consumers may choose either wood or a nonporous surface cutting board such as plastic, marble, glass, or pyroceramic. Nonporous surfaces are easier to clean than wood.

The Meat and Poultry Hotline says that consumers may use wood or a nonporous surface for cutting raw meat and poultry. However, consider using one cutting board for fresh produce and bread and a separate one for raw meat, poultry, and seafood. This will prevent bacteria on a cutting board that is used for raw meat, poultry, or seafood from contaminating a food that requires no further cooking.

To keep all cutting boards clean, the Hotline recommends washing them with hot, soapy water after each use; then rinse with clear water and air dry or pat dry with clean paper towels. Nonporous acrylic, plastic, or glass boards and *solid* wood boards can be washed in a dishwasher (laminated boards may crack and split). Both wooden and plastic cutting boards can be sanitized with a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water. Flood the surface with the bleach solution and allow it to stand for several minutes. Rinse with clear water and air dry or pat dry with clean paper towels.

-- USDA website 051823