

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

DATE: \_\_\_\_\_

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

**January 2025**

**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>6) <b>HOT:</b> Mini Philly Chicken Sub w/peppers, onions &amp; cheese, Mini Soft Sub Roll, Baked Potato Wedge, Cole Slaw, Fruit Cocktail, Butter <b>COLD:</b> Grilled Tuna &amp; WG Pasta Salad, Green Pea Salad, Stewed Tomatoes, Corn Bread, Fruit Cocktail, Butter <b>VEG:</b> Mini Philly Vegan Chicken Sub, Mini Soft Sub Roll, Baked Potato Wedge, Fruit Cocktail, Butter</p>	<p>7) <b>HOT:</b> Meatloaf w/Gravy, Mashed Potato, Steamed Cabbage, Green Beans, WW Bread, Butter <b>COLD:</b> Krab &amp; Pasta Salad, Dinner Roll, Mustard &amp; Mayo Packets, Sliced Beets, Cole Slaw, Sliced Carrots, Butter <b>VEG:</b> Vegan Meatloaf w/Gravy, Mashed Potato, Steamed Cabbage, Green Beans, WW Bread, Butter</p>	<p>8) <b>HOT:</b> Chicken Parmesan, WG Linguini w/Sauce, Italian Veggies, Brussel Sprouts, Garlic Breadstick, Diced Peaches, Butter <b>COLD:</b> Baked Salmon Salad, Hard Boiled Egg, Acadian Blend Green Salad, Dinner Roll, Diced Peached, Butter <b>VEG:</b> Vegan Chicken Parmesan, WG Linguini w/Sauce, Italian Veggies, Brussel Sprouts, Garlic Breadstick, Diced Peaches, Butter</p>	<p>9) <b>HOT:</b> Broiled Haddock, Brown Rice Pilaf, Collard Greens, Mixed Vegetables, Roll, Butter <b>COLD:</b> Chicken Salad on WG Sandwich Bun, Caesar Salad, Carrot Raisin Salad <b>VEG:</b> Vegan Chicken Strips w/Gravy, Brown Rice Pilaf, Collard Greens, Mixed Vegetables, Roll, Butter</p>	<p>10) <b>HOT:</b> Shredded Beef Stew w/Vegetables, Boiled Potatoes, Broccoli, Dinner Roll, Orange, Butter <b>COLD:</b> Roasted Turkey &amp; Cheddar, Lettuce &amp; Tomato, Mustard &amp; Mayo Packets, WW Bread, Green Bean Salad, Cucumber Slices, Orange <b>VEG:</b> Vegan Beef Stew w/Vegetables, Boiled Potatoes, Broccoli, Dinner Roll, Orange, Butter</p>

<p>13) <b>HOT:</b> Lemon Caper Chicken Breast, Wild Rice Pilaf, Green Beans, Sliced Carrots, WG Roll, Diced Peaches, Butter</p> <p><b>COLD:</b> Egg Salad Plate, Macaroni Calad, Spinach Salad, Carrot Raisin Salad, WG Roll, Diced Peaches, Butter</p> <p><b>VEG:</b> Vegan Lemon Caper Chicken Breast, Wild Rice Pilaf, Green Beans, Sliced Carrots, WG Roll, Diced Peaches, Butter</p>	<p>14) <b>HOT:</b> Italian Meatballs, Spaghetti w/Marinara Sauce, Italian Vegetable Blend, Green Salad, Roll, Butter</p> <p><b>COLD:</b> Grilled Chicken Breast, Wild Rice Salad, Marinated Tomato Salad, Cucumber Slices, Naan Bread, Butter</p> <p><b>VEG:</b> Vegan Italian Meatballs, Spaghetti w/Marinara Sauce, Italian Vegetable Blend, Green Salad, Roll, Butter,</p>	<p>15) <b>HOT:</b> Jerk Chicken Legs, White Rice Pilaf, Sauteed Spinach, Mixed Vegetables, Dinner Roll, Fruit Cup, Butter</p> <p><b>COLD:</b> Seafood Pasta Salad, WG Roll, Cole Slaw, Sliced Beets, Fruit Cup, Butter</p> <p><b>VEG:</b> Tofu w/Black Bean Sauce, White Rice Pilaf, Sauteed Spinach, Mixed Vegetables, Dinner Roll, Fruit Cup. Butter</p> <p>***BIRTHDAY CUPCAKE***</p>	<p>16) <b>HOT:</b> Salisbury Steak w/Gravy, Whipped Sweet Potato, Capri Vegetables, Green Salad, Roll, Butter</p> <p><b>COLD:</b> Curry Chicken Salad w/Grapes, Split Sandwich Roll, Lettuce &amp; Tomato, Red Potato Salad, Cucumber Slices, Butter</p> <p><b>VEG:</b> Vegan Salisbury Steak W/Gravy, Whipped Sweet Potato, Capri Veggies, Green Salad, Roll, Butter</p> <p>***BIRTHDAY CUPCAKE GERMANTOWN CC ONLY**</p>	<p>17) <b>HOT:</b> Chicken Cacciatore, Linguini w/Sauce, Baby Carrots, Green Salad, WG Roll, Whole Pear, Butter</p> <p><b>COLD:</b> Roast Beef &amp; American Cheese, Cole Slaw, Lettuce &amp; Tomato, Mustard &amp; Mayo Packets, Marinated Broccoli, WG Sandwich Roll, Whole Pear</p> <p><b>VEG:</b> Vegan Chick'n Cacciatore, Linguini w/Sauce, Italian Veggies, Spinach Salad, WG Roll, Whole Pear, Butter</p>
<p>20) <b>MLK DAY CLOSED</b></p> 	<p>21)  <b>HOT:</b> Pulled Pork BBQ, Mini Baked Potatoes, Green Beans, Sandwich Bun, Butter</p> <p><b>COLD:</b> Fettucine w/Grilled Chicken &amp; Diced Tomatoes, Marinated Vegetable Salad, Carrot-Raisin Salad, WG Roll, Butter</p> <p><b>VEG:</b> Pulled Jackfruit BBQ, Mini Baked Potatoes, Green Beans, Sand Bun, Butter</p>	<p>22) <b>HOT:</b> Oven Fried Chicken Drumsticks, Brown Rice Pilaf, Collard Greens, Corn, WG Roll, Diced Peaches, Butter</p> <p> <b>COLD:</b> Sliced Roasted Pork Loin, Orzo Pasta Salad, 3-Bean Salad, WG Sand Roll, Lett &amp; Tomato, Mustard &amp; Mayo Packs, Butter</p> <p><b>VEG:</b> Vegan Oven Fried Chicken Breast, Brown Rice Pilaf, Collard Greens, Corn WG Roll, Diced Peaches, Butter</p>	<p>23) <b>HOT:</b> Fish Tacos w/Salmon, Spanish Rice, Refried Beans, Cole Slaw, Tortillas</p> <p><b>COLD:</b> Turkey Breast Club Sandwich w/Bacon, Lett, Tomato, Potato Salad, Sliced Beets, Potato Sand Bun</p> <p><b>VEG:</b> Vegan Tofu Tacos, Spanish Rice, Refried Beans, Sauteed Spinach, Cole Slaw, Tortillas</p>	<p>24) <b>HOT:</b> Beef Lasagna, Broccoli Florets, Caesar Salad, Garlic Breadstick, Orange</p> <p><b>COLD:</b> Pesto Chicken Salad, WG Pasta Salad, Marinated Tomato Salad, Cucumber Slices, WG Roll, Orange, Butter</p> <p><b>VEG:</b> Veggie &amp; Cheese Lasagna, Broccoli Florets, Caesar Salad, Garlic Breadstick, Orange,</p>
<p>27) <b>HOT:</b> BBQ Chicken, Whipped Sweet Potato, Collard Greens, Cornbread, Cinn Apple Slices, Butter</p> <p> <b>COLD:</b> Ham &amp; Swiss Cheese, Lettuce &amp; Tomato, Mustard &amp; Mayo Packs, No-Mayo Potato Salad, Celery Sticks, Potato Sandwich Bun, Cinn Apple Slices</p> <p><b>VEG:</b> Vegan BBQ Chicken Breast, Whipped Sweet Potato, Collard Greens, Corn Bread, Cinn Apple Slices</p>	<p>28) <b>HOT:</b> Baked Salmon Chunks w/Tomato &amp; Zucchini Sautee, Orzo Pasta w/White Sauce, Green Peas, Green Salad, WG Dinner Roll, Butter</p> <p><b>COLD:</b> Curry Chicken Salad, Orzo Pasta Salad, Green Bean Salad, Sliced Cucumbers, WG Dinner Roll, Butter</p> <p><b>VEG:</b> Veggie, Cheese &amp; Lentil Stuffed Pepper, Orzo Pasta w/White Sauce, Green Peas, Green Salad, WG Dinner Roll, Butter</p>	<p>29) <b>HOT:</b> BBQ Beef Meatballs, White Rice Pilaf, Honey Glazed Carrots, Green Beans, WG Roll, Butter</p> <p><b>COLD:</b> Tuna Salad, WG Sandwich Bun, Lettuce &amp; Tomato, Spinach Salad w/grapes, Corn &amp; Pepper Salad, Fruit Cocktail</p> <p><b>VEG:</b> Vegan BBQ Meatballs, White Rice Pilaf, Honey Glazed Carrots, Green Beans, WG Roll, Fruit Cocktail, Butter</p>	<p>30) <b>HOT:</b> Lemon Basil Chicken Breast, Brown Rice Pilaf, Wax Beans, Corn, WG Roll, Butter</p> <p><b>COLD:</b> Bacon, Lettuce &amp; Tomato Sandwich, White WW Bread, Mustard, Mayo Packets, Sliced Beets, Kale Salad w/Cranberries, Sliced Carrots</p> <p><b>VEG:</b> Lemon Basil Chicken Breast, Brown Rice Pilaf, Wax Beans, Corn, WG Roll, Butter</p>	<p>31) <b>HOT:</b> Shredded Beef Stroganoff, WG Buttered Penne, Spinach, Cole Slaw, Roll, Banana, Butter</p> <p><b>COLD:</b> No-May Chicken Macaroni Salad, Caesar Salad, 3-Bean Salad, WG Roll, Banana, Butter</p> <p><b>VEG:</b> Vegan Been Stroganoff, WG Buttered Penne, Spinach, Cole Slaw, Roll, Banana, Butter</p>

**NUTRITION RESOLUTIONS:** EAT FRUITS, VEGETABLES, WHOLE GRAINS, FISH, LOW-FAT DAIRY & HEALTHY FATS, BE ACTIVE, SEE YOUR DOCTOR REGULARLY, QUIT SMOKING, TOAST WITH A SMALLER GLASS, GUARD AGAINST FALLS, GIVE YOUR BRAIN A WORKOUT, GET ENOUGH SLEEP, RECONSIDER MULTIVITAMINS, SPEAK UP WHEN YOU FEEL DOWN OR ANXIOUS