



CONGREGATE MEAL MENU - August 2023

Metz Culinary Management

August 1	August 2	August 3	August 4	
Pesto Chicken Roasted Broccoli Buttered Farfalle Pasta Banana Shortbread Cookie	Herbed Petite Beef Tenderloin w/Demi Glaze Roasted Sunset Blend Strawberry Spinach Salad Orzo Gelatin	Turkey & Cheddar Sandwich w/mayo/lettuce/tomato Three Bean Salad Fresh Apple	Stuffed Cabbage Mashed Potatoes Zucchini Parmesan Soup Whole Wheat Bread Vanilla Greek Yoghurt	
August 7	August 8	August 9	August 10	August 11
Roast Pork Peas & Pearl Onions Cabbage & Noodles Whole Wheat Bread Watermelon	Chicken Marsala Mashed Potatoes Herbed Petite Green Beans Whole Wheat Bread Chocolate Pudding	Swedish Meatballs Buttered Noodles Tri-Color Carrots Fresh Fruit Salad	Summer Berry Salad w/Chicken & Chow Mein Noodles Mango & Pineapple Salad Whole Wheat Bread Sugar Cookie	Pub Steakburger Diced Potatoes Broccoli Slaw Fresh Cantaloupe
August 14	August 15	August 16	August 17	August 18
BBQ Beef Brisket Herbed Petite Green Beans Mac & Cheese Berry Medley w/Yoghurt	Chicken Filet Parmesan Zucchini Parmesan Soup Strawberry Spinach Salad Penne w/Sauce Chocolate Chip Cookie	Turkey Sausage, Biscuits & Gravy Diced Potatoes w/Peppers & Onions Fresh Apple	Tuna Club Sandwich w/lettuce & tomato Broccoli Slaw Fresh Pear	Meatloaf Cheesy Mashed Potatoes Orange Herb Roasted Beets Whole Wheat Bread Gelatin
August 21	August 22	August 23	August 24	August 25
Chicken Tenders Cauliflower Cheddar Bisque Potato Wedges Bread Slice Fresh Fruit Salad	Italian Sausage w/Peppers Hot Dog Roll Sauteed Spinach Watermelon Salad Oatmeal Raisin Cookie	Beef Pot Pie Tri-Color Carrots Mashed Potatoes Biscuit Vanilla Pudding	Ham & Swiss Sandwich Three Bean Salad Fresh Pineapple	Mahi Mahi Fish Sandwich Roasted Red Potatoes Tomato Basil Soup Fresh Honeydew
August 28	August 29	August 30	August 31	
Vegetable Lasagna Balsamic Glazed Broccoli Romaine Mandarin Salad Whole Wheat Bread Vanilla Greek Yoghurt	BBQ Pulled Pork Fire Roasted Sweet Potato Coleslaw Fresh Fruit Salad	Herb Baked Salmon Scalloped Potatoes Roasted Brussels Sprouts Whole Wheat Bread Chocolate Pudding	Spring Mix Salad w/Turkey Whole Wheat Bread Clementines	



All meals include a choice of milk. Menus are subject to change if necessary due to supply and/or emergency.

Please be advised that food served may contain one of the following ingredients: milk, egg, fish (cod, tilapia), crustacean shellfish (crab, shrimp), tree nuts (almonds, pecans, walnuts), wheat, peanuts, soybeans.