



CONGREGATE MEAL MENU – July 2023

Metz Culinary Management

July 3

Nathan's Hot Dog
Baked Potato
Baked Beans
Watermelon

July 4 - CLOSED

Chicken Salad
Hearts of Green
Whole Wheat Bread
Chocolate Pudding

July 5

Swedish Meatballs
Buttered Noodles
Tri-Color Carrots
Fresh Fruit Salad

July 6

Summer Berry Salad
w/Chicken & Chow
Mein Noodles
Mango/Pineapple Salad
Whole Wheat Bread
Sugar Cookie

July 7

Pub Steakburger
Diced Potatoes
Broccoli Slaw
Cantaloupe

July 10

BBQ Beef Brisket
Herbed Petite Green
Beans
Mac & Cheese
Berry Medley
w/Yoghurt

July 11

Chicken Filet Parmesan
Zucchini Parmesan
Soup
Strawberry Spinach
Salad
Penne w/Sauce
Chocolate Chip Cookie

July 12

Turkey Sausage,
Biscuits & Gravy
Diced Potatoes
w/Peppers & Onions
Fresh Apple

July 13

Tuna Club Sandwich
w/lettuce & tomato
Broccoli Slaw
Fresh Pear

July 14

Meatloaf
Cheesy Mashed
Potatoes
Orange Herb Roasted
Beets
Whole Wheat Bread
Gelatin

July 17

Chicken Tenders
Cauliflower Cheddar
Bisque
Potato Wedges
Bread Slice
Fresh Fruit Salad

July 18

Italian Sausage
w/Peppers
Hot Dog Roll
Sautéed Spinach
Watermelon Salad
Oatmeal Raisin Cookie

July 19

Beef Pot Pie
Tri-Color Carrots
Mashed Potatoes
Biscuit
Vanilla Pudding

July 20

Ham & Swiss
Sandwich
Three Bean Salad
Fresh Pineapple

July 21

Mahi Mahi Fish
Sandwich
Roasted Red Potatoes
Tomato Basil Soup
Fresh Honeydew

July 24

Vegetable Lasagna
Balsamic Glazed
Broccoli
Romaine Mandarin
Salad
Whole Wheat Bread
Vanilla Greek Yoghurt

July 25

BBQ Pulled Pork
Fire Roasted Sweet
Potato
Coleslaw
Fresh Fruit Salad

July 26

Herb Baked Salmon
Scalloped Potatoes
Roasted Brussels
Sprouts
Whole Wheat Bread
Chocolate Pudding

July 27

Spring Mix Salad
w/Turkey
Whole Wheat Bread
Clementines

July 28

Asian-inspired Orange
Chicken
Broccoli
Asian Cucumber Salad
Vegetable Fried Rice
Sugar Cookie

July 31

Stuffed Pepper
Mashed Potatoes
Grilled Vegetables
Whole Wheat Bread
Apricots



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.