



CONGREGATE MEAL MENU

October 2023

Revised 9.18.23

Metz Culinary Management

October 2	October 3	October 4	October 5	October 6
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	Spring Mix Salad w/Turkey Whole Wheat Bread Clementines	Herb Baked Salmon Scalloped Potatoes Roasted Brussels Sprouts Whole Wheat Bread Chocolate Pudding	Asian-inspired Orange Chicken Broccoli Asian Cucumber Salad Vegetable Fried Rice Sugar Cookie
October 9	October 10	October 11	October 12	October 13
Stuffed Pepper Mashed Potatoes Grilled Vegetables Whole Wheat Bread Apricots	Pesto Chicken Roasted Broccoli Buttered Farfalle Pasta Banana Shortbread Cookie	Turkey & Cheddar Sandwich w/mayo/lettuce/tomato Three Bean Salad Fresh Apple	Herbed Petite Beef Tenderloin w/Demi Glace Roasted Sunset Blend Strawberry Salad w/ Red/Green Leaf Lettuce Orzo Gelatin	Stuffed Cabbage Mashed Potatoes Zucchini Parmesan Soup Whole Wheat Bread Vanilla Greek Yoghurt
October 16	October 17	October 18	October 19	October 20
Roast Pork Roasted Sweet Potatoes Cabbage & Noodles Whole Wheat Bread Watermelon	Chicken Marsala Mashed Potatoes Herbed Petite Green Beans Whole Wheat Bread Chocolate Pudding	Summer Berry Salad w/Chicken & Chow Mein Noodles Mango & Pineapple Salad Whole Wheat Bread Sugar Cookie	Swedish Meatballs Buttered Noodles Baby Carrots Fresh Fruit Salad	Pub Steakburger Diced Potatoes Broccoli Slaw Fresh Cantaloupe
October 23	October 24	October 25	October 26	October 27
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	Tuna Club Sandwich w/lettuce & tomato Broccoli Slaw Fresh Pear	Turkey Sausage, Biscuits & Gravy Diced Potatoes w/Peppers & Onions Fresh Apple	Meatloaf w/Gravy Cheesy Mashed Potatoes Orange Herb Roasted Beets Whole Wheat Bread Gelatin
October 30	October 31			
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			

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.