



CONGREGATE MEAL MENU - August 2024

Metz Culinary Management

		August 1 Vegetable Lasagna Carrots Roasted Red Peppers Bread w/Margarine Greek Yoghurt w/Berries		August 2 Pulled Pork Sandwich Coleslaw Chuckwagon Corn Fresh Cantaloupe
August 5 Chicken Filet Parmesan Zucchini Parmesan Soup Penne w/Sauce Strawberry Spinach Salad Chocolate Chip Cookie	August 6 Herb Baked Salmon Scalloped Potatoes Roasted Brussels Sprouts Bread w/Margarine Chocolate Pudding	August 7 Ham Salad Sandwich Broccoli Slaw Fresh Grapes	August 8 Maple Glazed Pork w/Cider Gravy Sweet Potato Cubes Brussels Sprouts Bread w/Margarine Oatmeal Cookie	August 9 Pub Steakburger w/Cheese Carrots w/Ranch Dip Stuffed Pepper Soup Chocolate Pudding
August 12 Mojo Marinated Cod Coleslaw Corn & Sweet Potato Soup Cilantro Lime Brown Rice Fresh Clementine	August 13 Broccoli & Cheese Stuffed Chicken Wax Beans Creamy Spinach Orzo Pasta Diced Mango Sugar Cookie	August 14 Italian Sub Tossed Salad w/Dressing Fresh Apple	August 15 Petite Tenderloin Medallions Au Jus Mashed Potatoes Beets Bread w/Margarine Fresh Pear Chocolate Chip Cookie	August 16 Stuffed Pepper Steamed Broccoli Mashed Potatoes Bread w/Margarine Pound Cake
August 19 Sausage & Peppers w/Hoagie Roll Diced Potatoes Peppers & Onions Fresh Fruit Salad	August 20 Firehouse Chili Broccoli Brown Rice Bread w/Margarine Cantaloupe	August 21 Classic Cobb Salad Salad Greens w/Dressing Bread w/Margarine Fresh Orange	August 22 Stuffed Cabbage Roll Mashed Potatoes Green Beans Bread w/Margarine Greek Yoghurt w/Berries	August 23 Chicken w/Gravy Normandy Veggie Blend Buttered Penne Apple Slices Chocolate Chip Cookie
August 26 Swiss Steak Mashed Potatoes Broccoli Bread w/Margarine Fresh Pear	August 27 Meatloaf w/Gravy Mashed Potatoes Green Beans Bread w/Margarine Banana Bread	August 28 BBQ Turkey Flatbread Potato Salad Fresh Cantaloupe	August 29 Chicken Cordon Bleu Carrots Butternut Squash Soup Bread w/Margarine Strawberry Banana Applesauce	August 29 Beef Stroganoff Side Salad w/Dressing Peas Buttered Rotini Pound Cake w/Strawberries

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.