



CONGREGATE MEAL MENU October 2024

Metz Culinary Management

	October 1	October 2	October 3	October 4
	Meatloaf w/Gravy Mashed Potatoes Green Beans Bread w/Margarine Banana Bread	BBQ Turkey Flatbread Potato Salad Fresh Cantaloupe	Chicken Cordon Bleu Carrots Butternut Squash Soup Bread w/Margarine Strawberry Banana Applesauce	Beef Stroganoff Side Salad w/Dressing Peas Buttered Rotini Pound Cake w/Strawberries
October 7	October 8	October 9	October 10	October 11
Orange Chicken Veggie Stir Fry Veggie Fried Rice Bread Diced Pineapple	Penne w/Meatballs Broccoli Carrot Coins Jell-o	Chicken BLT Salad w/Dressing Bread w/Margarine Fresh Fruit Salad	Vegetable Lasagna Carrots Roasted Red Peppers Bread w/Margarine Greek Yoghurt w/Berries	Pulled Pork Sandwich Coleslaw Chuckwagon Corn Fresh Cantaloupe
October 14	October 15	October 16	October 17	October 18
Chicken Filet Parmesan Zucchini Parmesan Soup Penne w/Sauce Strawberry Spinach Salad Chocolate Chip Cookie	Herb Baked Salmon Scalloped Potatoes Roasted Brussels Sprouts Bread w/Margarine Chocolate Pudding	Ham Salad Sandwich Broccoli Slaw Fresh Grapes	Maple Glazed Pork w/Cider Gravy Sweet Potato Cubes Brussels Sprouts Bread w/Margarine Oatmeal Cookie	Pub Steakburger w/Cheese Carrots w/Ranch Dip Stuffed Pepper Soup Chocolate Pudding
October 21	October 22	October 23	October 24	October 25
Mojo Marinated Cod Coleslaw Corn/Sweet Potato Soup Cilantro Lime Brown Rice Fresh Clementine	Broccoli & Cheese Stuffed Chicken Wax Beans Creamy Spinach Orzo Pasta Diced Mango Sugar Cookie	Italian Sub Tossed Salad w/Dressing Fresh Apple	Petite Tenderloin Medallions Au Jus Mashed Potatoes Beets Bread w/Margarine Fresh Pear Chocolate Chip Cookie	Stuffed Pepper Steamed Broccoli Mashed Potatoes Bread w/Margarine Pound Cake 
October 28	October 29	October 30	October 31	
Sausage & Peppers w/Hoagie Roll Diced Potatoes Peppers & Onions Fresh Fruit Salad	Firehouse Chili Broccoli Brown Rice Bread w/Margarine Cantaloupe	Classic Cobb Salad Salad Greens w/Dressing Bread w/Margarine Fresh Orange	Stuffed Cabbage Roll Mashed Potatoes Green Beans Bread w/Margarine Greek Yoghurt w/Berries	

Rev. 9.9.24

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.

