

# Houston Congregate

## Cycle 1, 2019 Final Menu

### January

Tuesday 1/1/2019	Wednesday 1/2/2019	Thursday 1/3/2019	Friday 1/4/2019
<b>Closed for Holiday</b>	Smoked Sausage*+ Baked Beans Parslied Carrots Hot Dog Bun Fresh Banana Milk Mustard Diet - Same	Beef Stroganoff Green Peas Squash Medley Texas Bread Sugar Cookie Milk Diet - Cookie	Breaded Fish Whole Kernel Corn Broccoli Hamburger Bun Fresh Fruit Milk Tartar Sauce Diet - Same

Monday 1/7/2019	Tuesday 1/8/2019	Wednesday 1/9/2019	Thursday 1/10/2019	Friday 1/11/2019
Salisbury Beef Onion Gravy Garlic Whipped Potatoes Mixed Vegetables Wheat Bread German Chocolate Cake 🍫 Milk Diet - Cake	Pulled Caesar Chicken ✕ Lemon Herb Pasta Mediterranean Vegetables Pita Bread Pineapple Pudding ✕ Milk Diet - Vanilla Pudding	Southwestern Stew ✕ Parslied Potatoes California Vegetables Saltine Crackers Fresh Banana Milk Diet - Same	Sausage with Red Beans*+ Cajun Rice Cabbage Cornbread Fudge Cream Cookie Milk Margarine Diet - Same	Tuscan Chicken Meatballs ✕ Peas and Carrots Italian Green Beans Wheat Roll 🍞 Fresh Fruit Milk Diet - Same

Monday 1/14/2019	Tuesday 1/15/2019	Wednesday 1/16/2019	Thursday 1/17/2019	Friday 1/18/2019
Rosemary Pork Chop+ 🍷 Parslied Rice Catalina Vegetables Wheat Bread Fresh Fruit Milk Diet - Same	Sloppy Joe Oven Roasted Potatoes Spring Vegetables Hamburger Bun Chocolate Chip Cookie Milk Diet - Cookie	Chicken Alfredo Ginger Carrots Stewed Tomatoes Wheat Bread Fresh Fruit Milk Diet - Same	Pork Carnitas+ Pinto Beans Fiesta Vegetables Flour Tortilla Yellow Cake 🎂 Chocolate Frosting Milk Diet - Cake	Turkey Breast with Gravy* Mashed Spiced Yams Green Beans Texas Bread Pineapple Upside Down Cake 🍍 Milk Diet - Cake

Monday 1/21/2019	Tuesday 1/22/2019	Wednesday 1/23/2019	Thursday 1/24/2019	Friday 1/25/2019
<b>Closed for Holiday</b>	Confetti Chicken Spanish Rice Cabbage Wheat Roll 🍞 Fig Bar Milk Diet - Same	Potato Crusted Fish Black-Eyed Peas Diced Beets Wheat Bread Fresh Fruit Milk Tartar Sauce Diet - Same	Ham w/Red Eye Gravy+ ✕ Lima Beans Okra and Tomatoes Cornbread Fresh Fruit Milk Margarine Diet - Same	Cheesy Beef Macaroni Broccoli Glazed Carrots Wheat Bread Chocolate Chip Pudding Milk Diet - Chocolate Pudding

Monday 1/28/2019	Tuesday 1/29/2019	Wednesday 1/30/2019	Thursday 1/31/2019
BBQ Chicken Meatballs Baked Beans Country Vegetables Wheat Bread Fresh Fruit Milk Diet - Same	Beef with Mushroom Gravy Whipped Potatoes Mixed Vegetables Wheat Roll 🍞 Orange Gelatin Milk Diet - Gelatin	Ham and Rice Casserole+ Green Peas with Onions Stewed Tomatoes Wheat Bread Strawberry Shortcake 🍓 Milk Diet - Cake	Baked Chicken Breast 🍗 Chicken Gravy Cheesy Garlic Polenta Green Beans Wheat Bread Fresh Fruit Milk Diet - Same

\*- Turkey  
+ - Pork  
✕ - New Menu Item  
🍫 - Upgraded Menu Item

*Sarah Hutsler, RD, LD*

Sarah Hutsler, RD, LD #DT81463