

# Houston Congregate Cycle 1, 2019 Final Menu March



Friday 3/1/2019
Turkey Breast with Gravy* Mashed Spiced Yams Green Beans Texas Bread Pineapple Upside Down Cake🍷 Milk Diet - Cake

Monday 3/4/2019	Tuesday 3/5/2019	Wednesday 3/6/2019	Thursday 3/7/2019	Friday 3/8/2019
Beef with Country Gravy 🍷 Delmonico Potatoes Garden Vegetables Wheat Bread Fresh Fruit Milk Diet - Same	Confetti Chicken Spanish Rice Cabbage Wheat Roll 🍷 Fig Bar Milk Diet - Same	<b>Ash Wednesday</b> 10 Grain Pollock Parslied Rice Diced Beets Dinner Roll Nutty Buddy Bar Milk Tartar Sauce Diet - Same	Ham w/Red Eye Gravy+ 🍷 Lima Beans Okra and Tomatoes Cornbread Fresh Fruit Milk Margarine Diet - Same	<b>Lent</b> Macaroni and Cheese Broccoli Glazed Carrots Whole Wheat Breadstick Chocolate Chip Pudding Milk Diet - Chocolate Pudding
Monday 3/11/2019	Tuesday 3/12/2019	Wednesday 3/13/2019	Thursday 3/14/2019	Friday 3/15/2019
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	<b>Lent</b> Tuna Salad Potato Salad Marinated Carrots Saltine Crackers Oatmeal Cream Cookie Milk Diet - Same
Monday 3/18/2019	Tuesday 3/19/2019	Wednesday 3/20/2019	Thursday 3/21/2019	Friday 3/22/2019
Swiss Steak 🍷 Ranch Whipped Potatoes Green Beans with Onions Wheat Bread Fresh Fruit Milk Diet - Same	Chicken Piccata 🍷 Pasta Florentine Country Tomatoes Whole Wheat Breadstick 🍷 Fresh Fruit Milk Diet - Same	Hamburger Patty Shredded Lettuce/Pickles Ranch Beans Hamburger Bun Apple Crisp 🍷 Milk Mustard and Ketchup Diet - Cinnamon Applesauce	Mexican Chicken Chili Parslied Rice Mixed Greens Cornbread Chocolate Cake White Frosting 🎂 Milk Margarine Diet - Cake	<b>Lent</b> Vegetable Lasagna Broccoli Ginger Carrots Whole Wheat Breadstick Oatmeal Raisin Cookie Milk Diet - Cookie
Monday 3/25/2019	Tuesday 3/26/2019	Wednesday 3/27/2019	Thursday 3/28/2019	Friday 3/29/2019
Parmesan Chicken Breast 🍷 Macaroni and Cheese Italian Vegetables Whole Wheat Breadstick Fresh Fruit Milk Margarine Diet - Same	Meatloaf Brown Gravy Oven Roasted Potatoes Herbed Green Beans Wheat Roll 🍷 Pound Cake 🍷 Milk Diet - Cake	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	<b>Lent</b> Breaded Fish Whole Kernel Corn Broccoli Hamburger Bun Fresh Fruit Milk Tartar Sauce Diet - Same

\* - Turkey

+ - Pork

🍷 - New Menu Item

🍷 - Upgraded Menu Item

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