



Houston Congregate

Cycle 3, 2019 Final Menu

July



MONDAY 7/1/2019	TUESDAY 7/2/2019	WEDNESDAY 7/3/2019	THURSDAY 7/4/2019	FRIDAY 7/5/2019
Mushroom Chicken Garlic Whipped Potatoes Brussels Sprouts and Corn Texas Bread Fresh Fruit Milk Diet - Same	Beef Taco Pinto Beans Parslied Carrots Flour Tortilla Rocky Road Pudding Milk Taco Sauce Diet - Chocolate Pudding	Independence Day Beef Frankfurter Herbed Potato Salad Baked Beans Hot Dog Bun Peach Cobbler Milk Mustard Diet - Spiced Peaches	Closed for Holiday	Paprika Chicken Breast Penne Pasta Mixed Vegetables Wheat Roll Fresh Fruit Milk Diet - Same
7/8/2019	7/9/2019	7/10/2019	7/11/2019	7/12/2019
Meatloaf Tomato Gravy Whipped Potatoes Peas and Carrots Dinner Roll Fresh Fruit Milk Diet - Same	Lemon Herb Chicken Breast Mashed Spiced Yams Broccoli Wheat Bread Pound Cake Milk Diet - Cake	Beef Chili with Beans Whole Kernel Corn Spinach Cornbread Oatmeal Raisin Cookie Milk Margarine Diet - Same	Swedish Chicken Meatballs Macaroni and Cheese Italian Green Beans Wheat Roll Fresh Fruit Milk Diet - Same	Sloppy Joe Oven Roasted Potatoes Capri Vegetables Hamburger Bun Craisins Milk Diet - Same
7/15/2019	7/16/2019	7/17/2019	7/18/2019	7/19/2019
Turkey Macaroni and Cheese* Squash Medley Diced Beets Wheat Bread Fresh Fruit Milk Diet - Same	Swiss Steak Scalloped Potatoes Green Beans with Onions Wheat Bread Chocolate Graham Crackers Milk Diet - Same	Diced Mole Chicken Mexican Rice Country Tomatoes Flour Tortilla Fresh Banana Milk Diet - Same	Turkey Breast with Gravy* Lentils Catalina Vegetables Dinner Roll White Cake Strawberry Frosting Milk Diet - Cake	Potato Crusted Fish Parslied Rice Ginger Carrots Wheat Bread German Chocolate Cake Milk Diet - Cake
7/22/2019	7/23/2019	7/24/2019	7/25/2019	7/26/2019
Salisbury Beef Brown Gravy Whipped Potatoes California Vegetables Wheat Bread Fresh Fruit Milk Diet - Same	Buffalo Ranch Chicken Green Peas Broccoli Whole Wheat Breadstick Fudge Cream Cookie Milk Margarine Diet - Same	Beef Enchilada Pie Spanish Rice Parslied Carrots Wheat Bread Lemon Pound Cake Milk Diet - Cake	Honey Mustard Glazed Ham+ Lima Beans Turnip Greens Cornbread Fresh Orange Milk Margarine Diet - Same	Turkey Tetrizzini* Green Beans Stewed Tomatoes Wheat Bread Fresh Banana Milk Diet - Same
7/29/2019	7/30/2019	7/31/2019		
Hawaiian Chicken Meatballs Confetti Rice Squash Medley Wheat Roll Fresh Fruit Milk Diet - Same	Turkey Noodle Casserole* Herbed Green Peas Glazed Carrots Wheat Bread Gingerbread Cookie Milk Diet - Same	Hamburger Patty Shredded Lettuce/Pickles Ranch Beans Hamburger Bun Peach Cobbler Milk Mustard and Ketchup Diet - Spiced Peaches		

* - Turkey

+ - Pork

- New Menu Item

- Upgraded Menu Item

Sarah Hutsler, RD, LD

Sarah Hutsler, RD, LD #DT81463