



# Houston Congregate

## Cycle 3, 2019 Final Menu

### August



MONDAY		TUESDAY		WEDNESDAY		THURSDAY 8/1/2019		FRIDAY 8/2/2019	
						Rosemary Pork+ Parslied Potatoes Green Beans with Onions Wheat Bread Fresh Fruit Milk Diet - Same	Baked Chicken with Gravy Black-Eyed Peas Diced Beets Wheat Bread Oatmeal Cream Cookie Milk Margarine Diet - Same		
8/5/2019		8/6/2019		8/7/2019		8/8/2019		8/9/2019	
Beef with Country Gravy 🍷 Buttermilk Potatoes Garden Vegetables Wheat Bread Fresh Fruit Milk Diet - Same		Southwest Chicken Pinto Beans Cilantro Lime Corn ✕ Dinner Roll Fresh Fruit Milk Diet - Same		Breaded Fish Tater Gems Medley Cabbage Hamburger Bun Sugar Cookie Milk Tartar Sauce Diet - Same		Cheesy Beef Macaroni Broccoli Cauliflower Wheat Bread Pineapple Cake 🍷 Milk Diet - Cake		Turkey Breast with Gravy* Cheesy Garlic Polenta Spring Vegetables Texas Bread Fresh Banana Milk Diet - Same	
8/12/2019		8/13/2019		8/14/2019		8/15/2019		8/16/2019	
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		Sausage with Red Beans*+ Cajun Rice Okra and Tomatoes Texas Bread Fresh Banana Milk Diet - Same		Sliced Turkey Breast* Swiss Cheese Lettuce and Tomato Three Bean Salad Rye Bread (2) 🍷 Yellow Cake 🎂 Chocolate Frosting Milk Mustard Diet - Cake		Paprika Chicken Breast ✕🍷 Penne Pasta Mixed Vegetables Wheat Roll Fresh Fruit Milk Diet - Same	
8/19/2019		8/20/2019		8/21/2019		8/22/2019		8/23/2019	
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	
8/26/2019		8/27/2019		8/28/2019		8/29/2019		8/30/2019	
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 Nutty Buddy Bar Milk Diet - Same		<b>Labor Day</b> BBQ Chicken Ranch Beans Savory Carrots Dinner Roll Oreo Cookies Milk Diet - Same	

\* - Turkey

+ - Pork

✕ - New Menu Item

🍷 - Upgraded Menu Item

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