

Houston Congregate

Cycle 1, 2020 Final Menu

January



Monday	Tuesday	Wednesday	Thursday	Friday
		1/1/2020	1/2/2020	1/3/2020
		Closed for Holiday	Tomato Basil Chicken Parmesan Penne Pasta Mixed Vegetables Dinner Roll Pound Cake^ Milk Diet - Cake 643 Calories 1003mg Sodium	Turkey Macaroni and Cheese* Herbed Green Beans Cauliflower Wheat Roll^ Fudge Cream Cookie Milk Diet - Same 680 Calories 688mg Sodium
1/6/2020	1/7/2020	1/8/2020	1/9/2020	1/10/2020
Thai Chili Chicken# Seasoned Lentils Ginger Carrots Texas Bread Fresh Fruit Milk Diet - Same 636 Calories 1049mg Sodium	Vegetable Beef Soup Whole Kernel Corn Diced Beets Wheat Bread Cherry Upside Down Cake^ Milk Diet - Cake 681 Calories 1875mg Sodium	Turkey Noodle Casserole Broccoli Green Beans Wheat Bread Fresh Banana Milk Diet - Same 644 Calories 411mg Sodium	Garlic Rosemary Beef^ Oven Roasted Potatoes California Vegetables Wheat Bread Vanilla Pudding Milk Diet - Vanilla Pudding 679 Calories 773mg Sodium	Chicken and Ham Jambalaya+# Black-Eyed Peas Cabbage with Carrots Wheat Bread Nutty Buddy Bar Milk Diet - Same 612 Calories 841mg Sodium
1/13/2020	1/14/2020	1/15/2020	1/16/2020	1/17/2020
Swiss Steak Whipped Potatoes Okra and Tomatoes Wheat Bread Fresh Fruit Milk Diet - Same 605 Calories 589mg Sodium	Lemon Pepper Pork+# Yellow Rice Mixed Vegetables Wheat Bread Fresh Orange Milk Diet - Same 624 Calories 605mg Sodium	Smoked Sausage+* Whole Kernel Corn Green Beans Hot Dog Bun Fresh Banana Milk Mustard Diet - Same 618 Calories 1168mg Sodium	Chicken Breast with Gravy^ Scalloped Potatoes Green Beans with Onions Wheat Bread Birthday Cake  Milk Diet - Cake 696 Calories 943mg Sodium	Three Cheese Ziti Stewed Tomatoes Rosemary Carrots Wheat Bread Gingerbread Cookie Milk Diet - Same 770 Calories 1206mg Sodium
1/20/2020	1/21/2020	1/22/2020	1/23/2020	1/24/2020
Closed for Holiday	Hamburger Patty Shredded Lettuce/Pickles Baked Beans Hamburger Bun Peach Cobbler^ Milk Mustard and Ketchup Diet - Hot Spiced Peaches 806 Calories 1105mg Sodium	Lemon Chicken Breast^ Delmonico Potatoes Brussels Sprouts Wheat Bread Chocolate Pudding Milk Diet - Chocolate Pudding 607 Calories 588mg Sodium	Ham and White Beans+ Dirty Rice Spinach Cornbread Fresh Fruit Milk Margarine Diet - Same 774 Calories 771mg Sodium	Potato Crusted Fish Herbed Green Peas Stewed Tomatoes Wheat Roll^ Oatmeal Cream Cookie Milk Tartar Sauce Diet - Same 701 Calories 1111mg Sodium
1/27/2020	1/28/2020	1/29/2020	1/30/2020	1/31/2020
Meatloaf Brown Gravy Whipped Potatoes Broccoli Wheat Bread Fresh Fruit Milk Diet - Same 613 Calories 785mg Sodium	Sweet and Sour Chicken# Jasmine Rice Japanese Vegetables Texas Bread Fortune Cookie Milk Diet - Same 602 Calories 872mg Sodium	BBQ Pork Rib Patty+ Ranch Beans Parslied Carrots Wheat Roll^ German Chocolate Cake^ Milk Diet - Cake 725 Calories 857mg Sodium	Turkey Breast with Gravy* Squash Rice Casserole Green Peas Texas Bread Fresh Banana Milk Diet - Same 621 Calories 1428mg Sodium	Vegetable Lasagna Cauliflower Green Beans Wheat Bread Strawberry Cereal Bar Milk Diet - Same 625 Calories 784mg Sodium

* - Turkey

+ - Pork

- New Menu Item

^ - Upgraded Menu Item

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