














CONGREGATE MENU - JUNE 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Stewed Chicken Breast Cous Cous Steamed Cauliflower	2 Beef Meatballs in Tomato Sauce Barley Lemon Pilaf Steamed Broccoli	3 Teriyaki Baked Fish Yellow Plantains Steamed Green Beans	4 
5	6	7	8	9	10	11
	Chicken Marsala Rice Pilaf Baby Carrots & Parsley	Sweet and Sour Tofu Chinese Style Spaghetti Steamed Broccoli	Orange Chicken with Rosemary Baked Potato Kale and Lemon	Caribbean Squash with Ground Beef Couscous Steamed Green Beans	Homemade Coconut Breaded Fish Cuban Black Beans Steamed Cauliflower	
12	13	14	15	16	17	18
	Vegan Stuffed Cabbage Rice Pilaf Steamed Green Beans	Jerk Chicken Leg Black Beans and Rice Steamed Cauliflower	Turkey Meat Sauce Egg Noodles Carrots	Stewed Chicken Breast Baked Sweet Potato Steamed Spinach	Baked Fish with Lemon Garlic Butter Sauce Yellow Rice California Blend Vegetables	
19	20	21	22	23	24	25
	Lasagna rollettes with Homemade Tomato Sauce Normandy Blend Roasted Brussels Sprouts	Salisbury Steak with Brown Gravy Baked Sweet Potato Roasted Zucchini	Sweet and Sour Chicken Breast Perfect White Rice Steamed Broccoli	Chicken Breast and Rice Peas and Pearl Onions Steamed Carrots	Breaded Pollock Fish Fillet with Yogurt Tartar Sauce Yellow Plantains Steamed Green Beans	
26	27	28	29	30		
	Sweet and Sour Tofu White Rice Pilaf with Onions, Peas, and Carrots Capri Blend Vegetables	Baked Chicken Quarters Yellow Rice Sauteed Spinach	Beef Meatballs with Sofrito Penne Pasta with Garlic Sauce Steamed Broccoli	Curry Chicken Baked Brown Rice Pilaf Steamed Green Beans		

All meals will be accompanied by a carton of milk, whole wheat bread, margarine, juice, and a piece of fruit (fruit & juice vary every day).