



# CONGREGATE MENU - August 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <b>Homemade Tomato Sauce</b> <b>Lasagna Rollettes</b> Normandy Blend & Roasted Brussels Sprouts	2 <b>Brown Gravy Salisbury Steak</b> <b>Baked Sweet Potato</b> Roasted Zucchini	3 <b>Sweet and Sour Chicken Breasts</b> <b>Perfect White Rice</b> Steamed Broccoli	4 <b>Arroz con Pollo</b> <b>Chicken Breast and Rice</b> Peas and Pearl Onions Steamed Carrots	5 <b>Breaded Pollock Fish Fillet with Yogurt Tartar Sauce</b> Steamed Green Beans Yellow Plantains	6 
7 	8	9	10	11	12	13
	14 <b>Sweet and Sour Tofu White Rice Pilaf w. Onions, Peas and Carrots</b> Capri Blend Vegetables	15 <b>Baked Chicken Quarters</b> <b>Yellow rice</b> Sauteed Spinach	16 <b>Beef Meatballs with Sofrito</b> <b>Penne Pasta w. Garlic Sauce</b> Steamed Broccoli	17 <b>Curry Chicken</b> <b>Baked Brown Rice Pilaf</b> Steamed Green Beans	18 <b>Spanish Style Baked Cod</b> <b>Polenta</b> Kale with Tomato	
14 	15	16	17	18	19	20 
	21 <b>Black Bean and Sweet Potato Chili</b> <b>Baked Brown Rice Pilaf</b> California Blend Vegetables	22 <b>Sweet &amp; Sour Chicken Breasts</b> <b>Chinese Style Spaghetti</b> Roasted Zucchini	23 <b>Brown Gravy Oven Baked Pork Chops</b> Baked Sweet Potato Steamed Broccoli	24 <b>Cranberry Chicken</b> <b>Brown Rice</b> Baby Carrots with Parsley Corn and Red Peppers	25 <b>Baked Fish with Rustic Tomato Sauce</b> Steamed Green Beans Yellow Plantains	
21	22	23	24	25	26	27
	28 <b>Chicken Fajitas</b> <b>Garlic Mashed Potatoes</b> Baby Carrots with Parsley	29 <b>Vegitarian Lasagna</b> Sauteed Zucchini Steamed Green Beans	30 <b>Stewed Chicken Breast</b> <b>Cous Cous</b> Steamed Cauliflower	31 <b>Beef meatballs in Tomato Sauce</b> <b>Barley Lemon Pilafs</b> Steamed Broccoli		
28 	29	30	31			31 
	32 <b>Chicken Marsala</b> <b>Rice Pilaf</b> Baby Carrots with Parsley	33 <b>Sweet and Sour Tofu</b> <b>Chinese Style Spaghetti</b> Steamed Broccoli	34 <b>Orange Chicken w. Rosemary</b> <b>Baked Sweet Potato</b> Kale and Lemon			

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).