



CONGREGATE MENU - February 2023



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1		2		3		4		5		6		7	
						Chicken Noodle Soup Sofrito Steak Baked Sweet Potato Steamed Broccoli		Chicken Alfredo Penne Steamed Carrots String Beans with Pearl Onions		Chicken Tortellini Soup Lemon Garlic Baked Fish in Creole Sauce Steamed Green Beans Yellow Plantains			
5		6		7		8		9		10		11	
		Butternut Squash Soup Mexican Style Chicken Thighs and Rice Esquites (Mexican Corn) Green Beans		Baked Chicken Quarters Yellow Plantains Sauteed Spinach		Split Pea Soup Beef Meatloaf with Mushroom Gravy Smashed Red Potatoes & Steamed Broccoli		Black Bean and Sweet Potato Chili The Ultimate Healthy Cornbread Creamy Spinach		Vegetable Chicken Soup Spanish Style Baked Fish Polenta Kale with Tomato			
12		13		14		15		16		17		18	
		Butternut Squash Soup Spanish Style Beef Stew Egg Noodles California Blend Vegetables				Beef Soup Vegetarian Stuffed Cabbage Steamed Broccoli & Watercress and Chicory Salad		Chili con Carne Perfect White Rice Baby Carrots with Parsley & Green Beans		Chicken Noodle Soup Baked Fish and Rustic Tomato Sauce Mangu with Onions (Dominican Mashed Plantains) Steamed Green Beans			
19		20		21		22		23		24		25	
		Closed for President's Day		Jerk Chicken Leg Quarter Black Beans and Rice Steamed Cauliflower		Black Bean Soup Brown Gravy with Spanish Style Roast Pork Mangu with Onions Steamed Carrots		Brown Stew Chicken Baked Sweet Potato Steamed Spinach		Chicken Noodle Soup Baked Fish with Dill Lemon Sauce Yellow Rice California Blend Vegetables			
26		27		28									
		Chicken Parmesan with Sauteed Onions and Garlic Polenta Baby Carrots with Parsley		Stewed Oxtails with Lima Beans Rice and Red Beans Sauteed Zucchini									

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).