



# CONGREGATE MENU - January 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	<b>Butternut Squash Soup</b> <b>Spanish Style Beef Stew</b> <b>Egg Noodles</b> California Blend Vegetables	<b>Sweet and Sour Chicken Thighs</b> <b>Yuca with Onions</b> Steamed Zucchini	<b>Beef Soup</b> <b>Vegetarian Stuffed Cabbage</b> Steamed Broccoli & Watercress and Chicory Salad	<b>Chili con Carne</b> <b>Perfect White Rice</b> Baby Carrots with Parsley & Green Beans	<b>Chicken Noodle Soup</b> <b>Baked Fish and Rustic Tomato Sauce</b> <b>Mangu with Onions (Dominican Mashed Plantains)</b> Steamed Green Beans	
8	9	10	11	12	13	14
	<b>Chicken Parmesan with Sautéed Onions and Garlic Polenta</b> Baby Carrots with Parsley	<b>Stewed Oxtails with Lima Beans</b> <b>Rice and Red Beans</b> Sautéed Zucchini	<b>Split Pea Soup</b> <b>Stewed Chicken Breast</b> <b>Cous Cous</b> Steamed Cauliflower	<b>Black Bean and Sweet Potato Chili</b> <b>The Ultimate Healthy Cornbread</b> Creamy Spinach	<b>Vegetable Chicken Soup</b> <b>Spanish Style Baked Fish</b> <b>Polenta</b> Kale with Tomato	
15	16	17	18	19	20	21
	<b>Lentil Soup</b> <b>Stuffed Shells with Tomato Sauce</b> Baby Carrots with Parsley & Green Beans	<b>Beef Picadillo</b> <b>Yellow Plantains</b> Steamed Broccoli	<b>Broccoli and Potato Soup</b> <b>Chicken Thigh Stew with Ginger and Pumpkin</b> <b>Yuca with Onions</b> California Blend Vegetables	<b>Stuffed Cabbage with Beef</b> <b>Cous Cous</b> Normandy Blend	<b>Homemade Coconut Breaded Fish with Yogurt Tartar Sauce</b> <b>Tabbouleh with Garbanzo Beans</b> Steamed Cauliflower	
22	23	24	25	26	27	28
	<b>Butternut Squash Soup</b> <b>Cheese Lasagna Rollups with Tomato Sauce</b> Broccoli and Red Peppers Steamed Green Beans	<b>Jerk Chicken Leg Quarter</b> <b>Black Beans and Rice</b> Steamed Cauliflower	<b>Black Bean Soup</b> <b>Brown Gravy with Spanish Style Roast Pork</b> <b>Mangu with Onions</b> Steamed Carrots	<b>Brown Stew Chicken</b> <b>Baked Sweet Potato</b> Steamed Spinach	<b>Chicken Noodle Soup</b> <b>Baked Fish with Dill Lemon Sauce</b> <b>Yellow Rice</b> California Blend Vegetables	
29	30	31				
	<b>Butternut Squash Soup</b> <b>Chana Masala</b> <b>Perfect White Rice</b> Normandy Blend	<b>Chicken Stir Fry</b> <b>Vegetables</b> <b>Baked Brown Rice</b> Steamed 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).