




# CONGREGATE MENU - March 2023



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1	2	3	4	5	6	7	8	9	10	11	12	13	14
							<b>Chicken Tefteli (Chicken Meatballs in a Cream Sauce)</b> <b>Yellow Rice</b> California Blend Vegetables	<b>Creamy Beef and Mushroom Sauce</b> <b>Egg Noodles</b> Beets and Baby Carrots with Dill	<b>Homemade Coconut Breaded Fish with Yogurt Tartar Sauce</b> Garlic and Rosemary Roasted Potatoes Normandy Blend				
5	6	7	8	9	10	11	12	13	14	15	16	17	18
	<b>Cheese Lasagna Rollups with Tomato Sauce</b> Broccoli and Red Peppers Steamed Green Beans	<b>Stewed Chicken Breast</b> <b>Yellow Plantains</b> Steamed Cauliflower	<b>BBQ Chicken</b> <b>Yellow Rice</b> Steamed Carrots	 <b>Sweet and Sour Pork Chop</b> <b>Baked Sweet Potato</b> Steamed Green Beans	<b>Baked Fish with Dill Lemon Sauce</b> <b>Cous Cous</b> Vegetable Mix								
19	20	21	22	23	24	25	26	27	28	29	30	31	
	<b>Butternut Squash Whole Wheat Mac and Cheese</b> Steamed Cauliflower Steamed Green Beans	<b>Chicken Stir Fry</b> <b>Vegetables</b> <b>Barley</b> Vegetable Mix	<b>BBQ Pulled Pork</b> Cornbread Steamed Broccoli	<b>Chicken Meatballs with Mushroom Gravy</b> <b>Egg Noodles</b> Steamed Carrots	<b>Lemon Garlic Baked Fish in Creole Sauce</b> Steamed Green Beans Yellow Plantains								
	 <b>Mexican Style Chicken Thighs and Rice</b> Green Beans Steamed Broccoli	<b>Cheese Lasagna Rollups in Tomato Sauce</b> Steamed Carrots Steamed Cauliflower	<b>Beef Meatloaf with Mushroom Gravy</b> Smashed Red Potatoes & Steamed Broccoli	<b>Black Bean and Sweet Potato Chili</b> Winter Blend Vegetables	<b>Spanish Style Baked Fish</b> <b>Cous Cous</b> Vegetable Mix								
	<b>Stuffed Shells with Cheese in Tomato Sauce</b> California Blend Vegetables	<b>Sweet and Sour Chicken Thighs</b> <b>Baked Brown Rice Pilaf</b> Green Beans	<b>Chicken Kofta (Meatballs) with Tomato Curry</b> Steamed Broccoli	<b>Chili con Carne</b> <b>Perfect White Rice</b> Baby Carrots with Parsley	<b>Baked Fish and Rustic Tomato Sauce</b> <b>Yellow Plantains</b> 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).