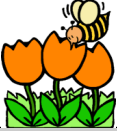







CONGREGATE MAY 2023



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