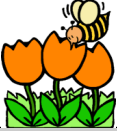







CONGREGATE JUNE 2023



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