

March 2020

Congregate Allergy Menu



Suggested Contribution

\$4.00 per meal

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Broccoli Cheese Egg Bake - Egg, Milk Stewed Tomatoes Crispy Cubed Potatoes - Soy Whole Wheat Bread - Wheat Applesauce</p>	<p>3</p> <p>Chicken Gumbo - Soy Brown Rice California Vegetable Blend Cornbread - Soy, Wheat, Milk, Egg Fresh Banana</p>	<p>4</p> <p>Taco Meat - Wheat Shredded Cheese - Milk Lettuce and Tomato Pinto Beans - Soy Fiesta Vegetable Blend - Soy Whole Wheat Tortilla - Wheat Peaches/Pineapple/Pears</p>	<p>5</p> <p>Beef Spaghetti Sauce Spaghetti Noodles - Wheat, Soy Tossed Spinach Salad Whole Grain Garlic Breadsticks - Milk, Soy, Wheat Cherry Crumble - Soy, Wheat, Milk Salad Dressing - Egg, Milk, Soy</p>	<p>6</p> <p>Lemon Pepper Fish - Fish, Wheat, Soy Rice Pilaf - Soy Rosemary Carrots Multi-Grain Bread - Wheat, Milk, Soy Tropical Fruit</p>
<p>9</p> <p>Cheese Omelet - Egg, Milk Shredded Cheese - Milk Paprika Diced Potatoes Garden Vegetables Soy Whole Wheat Bread - Wheat Cinnamon Applesauce</p>	<p>10</p> <p>Cuban Shredded Pork Hawaiian Baked Beans Coleslaw - Soy, Egg Whole Wheat Hamburger Bun - Wheat Cranapple Crisp - Soy</p>	<p>11</p> <p>Asian Chicken Salad - Wheat, Soy Whole Grain Saltine Crackers - Wheat Mandarin Oranges</p>	<p>12</p> <p>Sliced Turkey Breast Dijon Cream Sauce - Milk Roasted Sweet Potatoes - Soy Brussels Sprouts Multi-Grain Bread - Wheat, Milk, Soy Tropical Fruit</p>	<p>13</p> <p>Stuffed Salmon with Dill Sauce - Fish, Wheat, Soy, Milk Dill Sauce - soy, wheat Garlic Whipped Potatoes - Soy Tuscany Vegetable Blend Whole Wheat Bread - Wheat Glazed Fruit</p>
<p>16</p> <p>Spinach Lasagna - Soy, Wheat, Milk, Egg Broccoli - Soy Mixed Vegetables Multi-Grain Bread - Wheat, Milk, Fresh Apple Birthday Cake - Wheat, Milk, Soy</p>	<p>17</p> <p>St. Patrick's Day Meal Corned Beef Sauteed Cabbage - Soy Roasted Sweet Potatoes - Soy Cornbread - Soy, Wheat, Milk, Egg Fresh Banana Chocolate Chip Cookie - Egg, Milk, Soy, Wheat</p>	<p>18</p> <p>Chicken Tortilla Soup - Soy California Vegetable Blend Mixed Green Salad Cornbread - Soy, Wheat, Milk, Egg Hot Diced Pears - Soy Salad Dressing - Egg, Milk, Soy</p>	<p>19</p> <p>Thai Chili Shredded Pork Jasmine Rice Seasoned Green Beans - Soy Whole Wheat Bread - Wheat Fresh Banana</p>	<p>20</p> <p>Breaded Fish - Soy, Wheat, Fish Oven Roasted Potatoes - Soy Baby Carrots Whole Grain Roll - Wheat Fluffy Fruit Salad - Milk, Soy</p>
<p>23</p> <p>Italian Turkey Bake - Wheat, Milk Roasted Butternut Squash - Soy Green Peas Whole Grain Garlic Breadsticks - Milk, Soy, Wheat Fresh Citrus Fruit</p>	<p>24</p> <p>Sesame Mustard Pork - Soy Rice Florentine - Soy Japanese Vegetable Blend Whole Grain Roll - Soy Fresh Banana</p>	<p>25</p> <p>Chef Salad - Egg, Milk Whole Grain Saltine Crackers - Wheat Diced Peaches Chocolate Chip Cookie - Egg, Milk, Soy, Wheat Salad Dressing - Egg, Milk, Soy</p>	<p>26</p> <p>Hamburger Patty - Soy Lettuce and Tomato Tater Tots - Soy Ranch Beans - Soy Whole Wheat Hamburger Bun - Wheat Citrus Fruit</p>	<p>27</p> <p>Tuna Tetrazzini - Fish, Milk, Wheat, Soy Brussels Sprouts Roasted Baby Carrots - Soy Multi-Grain Bread - Wheat, Milk, Soy Cranapplesauce</p>

Milk is served with every meal. Allergen in milk is milk. Margarine is served with most meals. Allergens in margarine are milk and soy.

Menu with > 1,000 mg sodium

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