Galveston Congregate

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3/2/2020	**3/3/2020**	**3/4/2020**	**3/5/2020**	**3/6/2020**
Swedish Chicken Meatballs	Hamburger Patty	Lemon Chicken Breast^	Ham and White Beans+	**Lent**
Parslied Penne Pasta	Shredded Lettuce/Pickles	Delmonico Potatoes	Dirty Rice	Potato Crusted Fish
Catalina Vegetables	Baked Beans	Brussels Sprouts	Spinach	Herbed Green Peas
Wheat Bread	Hamburger Bun	Wheat Bread	Cornbread	Stewed Tomatoes
Fresh Fruit	Peach Cobbler^	Chocolate Pudding	Fresh Fruit	Wheat Roll^
Milk	Milk	Milk	Milk	Oatmeal Cream Cookie
Diet - Same	Mustard and Ketchup	Diet - Chocolate Pudding	Margarine	Milk
	Diet - Hot Spiced Peaches		Diet - Same	Tartar Sauce
				Diet - Same
629 Calories 605mg Sodium	*806 Calories 1105mg Sodium*	*607 Calories 588mg Sodium*	*774 Calories 771mg Sodium*	*701 Calories 1111mg Sodium*
3/9/2020	**3/10/2020**	**3/11/2020**	**3/12/2020**	**3/13/2020**
Meatloaf	Sweet and Sour Chicken#	BBQ Pork Rib Patty+	Turkey Breast with Gravy*	**Lent**
Brown Gravy	Jasmine Rice	Ranch Beans	Squash Rice Casserole	Vegetable Lasagna
Whipped Potatoes	Japanese Vegetables	Parslied Carrots	Green Peas	Cauliflower
Broccoli	Texas Bread	Wheat Roll^	Texas Bread	Green Beans
Wheat Bread	Fortune Cookie	German Chocolate Cake^	Fresh Banana	Wheat Bread
Fresh Fruit	Milk	Milk	Milk	Strawberry Cereal Bar
Milk	Diet - Same	Diet - Cake	Diet - Same	Milk
Diet - Same				Diet - Same
613 Calories 785mg Sodium	*602 Calories 872mg Sodium*	*725 Calories 857mg Sodium*	*621 Calories 1428mg Sodium*	*625 Calories 784mg Sodium*
3/16/2020	**3/17/2020**	**3/18/2020**	**3/19/2020**	**3/20/2020**
Balsamic Chicken	Beef Taco	Smoked Sausage+*	Parmesan Chicken Breast^	**Lent**
Garlic Whipped Potatoes	Charro Beans	Lima Beans	Macaroni and Cheese	Tuna Salad
Green Beans Almandine	Spanish Rice	Stewed Tomatoes	Sliced Carrots	Three Bean Salad
Dinner Roll	Flour Tortilla	Cornbread	Whole Wheat Breadstick^	Cold Diced Beets
Fresh Fruit	Cinnamon Crisp Bar	Fresh Orange	Birthday Cake	Saltine Crackers
Milk	Milk	Milk	Milk	Craisins
Margarine	Taco Sauce	Margarine	Diet - Cake	Milk
Diet - Same	Diet - Same	Diet - Same		Diet - Same
657 Calories 591mg Sodium	*655 Calories 1455mg Sodium*	*783 Calories 1437mg Sodium*	*744 Calories 1060mg Sodium*	*654 Calories 1127mg Sodium*
3/23/2020	**3/24/2020**	**3/25/2020**	**3/26/2020**	**3/27/2020**
Salisbury Beef	Sausage and Rice Casserole+*	Beef Chili with Beans	Tomato Basil Chicken	**Lent**
Onion Gravy	Green Peas	Parslied Rice	Parmesan Penne Pasta	Macaroni and Cheese
Whipped Potatoes	Country Tomatoes	Mixed Greens	Mixed Vegetables	Herbed Green Beans
Brussels Sprouts	Wheat Bread	Cornbread	Dinner Roll	Cauliflower
Wheat Bread	Animal Crackers#	Fresh Orange	Pound Cake^	Wheat Bread
Fresh Fruit	Milk	Milk	Milk	Fudge Cream Cookie
Milk	Diet - Same	Margarine	Diet - Cake	Milk
Diet - Same		Diet - Same		Diet - Same
600 Calories 711mg Sodium	*823 Calories 1823mg Sodium*	*670 Calories 1283mg Sodium*	*643 Calories 1003mg Sodium*	*736 Calories 839mg Sodium*
3/30/2020	**3/31/2020**			
Thai Chili Chicken#	Vegetable Beef Soup			
Seasoned Lentils	Whole Kernel Corn			
Ginger Carrots	Diced Beets			
Texas Bread	Wheat Bread			
Fresh Fruit	Cherry Upside Down Cake^			
Milk	Milk			
Diet - Same	Diet - Cake			
636 Calories 1049mg Sodium	*681 Calories 1875mg Sodium*			

* - Turkey + - Pork # - New Menu Item ^ - Upgraded Menu Item

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