Union - Congregate

Mar 29 ->May 02

Monday Mar 30

Mains: Lentil Stew with Beef Crumble

Sides: Couscous
Broccoli & Cauliflower
Apple Crisp
1% Milk
Whole Grain Bread
Margarine

Tuesday Mar 31

Mains: Eggplant Parmesan

Sides: Penne Pasta with Tomato Sauce
House Salad
Fresh Apple
1% Milk
Butter
Whole Grain Bread

Wednesday Apr 1

Mains: BBQ Chicken

Sides: Mac n Cheese
Coleslaw
Apple Sauce Cup
1% Milk
Butter
Whole Grain Sliced Bread
Vanilla Pudding

Thursday Apr 2

Mains: Meatloaf with Gravy

Sides: Mashed Potatoes
Carrots
Assorted 100% Fruit Juice
1% Milk
Butter
Whole Grain Bread

Friday Apr 3

No offerings

Monday Apr 6

Mains: Lasagna with Veggies

Sides: House Salad
Apple Crisp
1% Milk
Butter
Dinner Roll
Chocolate Pudding

Tuesday Apr 7

Mains: Chicken with Lemon Tarragon Thyme Sauce

Sides: Brown Rice
Broccoli
Assorted 100% Fruit Juice
1% Milk
Butter
Whole Grain Bread

Wednesday Apr 8

Mains: Beef Stroganoff

Sides: Egg Noodles
Peas and Carrots
Fruit Cup
1% Milk
Butter
Whole Grain Bread
Sugar Cookie

Thursday Apr 9

Mains: Chicken Tikka Masala

Sides: Rice
Carrots
Fresh Apple
1% Milk
Butter
Naan Pita Dippers

Friday Apr 10

Mains: Egg and Cheese Fritata

Sides: Potato Home Fry
Mixed Vegetables
Apple Crisp
1% Milk
Butter
Whole Grain Sliced Bread

Monday Apr 13

Mains: Chicken Meatballs

Sides: Whole Grain Bread
Pasta with Sauce
Garlic Spinach
Assorted Fresh Fruit
1% Milk
Butter

Tuesday Apr 14

Mains: BBQ Cheese Burger

Sides: Whole Grain Bun
Green Beans
Assorted 100% Fruit Juice
1% Milk
Butter

Wednesday Apr 15

Mains: Baked Chicken with Mushroom Sauce

Sides: Whole Grain Bread
Rice
Cheesy Broccoli
Apple Crisp
1% Milk
Butter

Thursday Apr 16

Mains: Beef Vegetable Stew

Sides: Whole Grain Bread
Mashed Potatoes
Fruit Cup
1% Milk
Butter

Friday Apr 17

Mains: Western Cheese Omelet

Sides: Whole Grain Bagel
Potato Home Fry
Assorted Fresh Fruit
1% Milk
Butter

Monday Apr 20

Mains: Meatloaf with Gravy

Sides: Whole Grain Bread
Mashed Potatoes
Broccoli
Assorted 100% Fruit Juice
1% Milk
Butter

Tuesday Apr 21

Mains: Asian BBQ Chicken

Sides: Brown Rice
Asian Blend Veggies
Fresh Pear
1% Milk

Wednesday Apr 22

Mains: Minestrone Soup
Stuffed Shells with Tomato Sauce

Sides: Whole Grain Bread
Green Beans
Apple Crisp
1% Milk
Butter

Thursday Apr 23

Mains: Sliced Turkey with Gravy

Sides: Stuffing
Whole Grain Bread
Carrots
Apple Sauce Cup
1% Milk
Butter

Friday Apr 24

Mains: Bean & Beef Burrito served with Rice & Beans

Sides: Rice
Mixed Vegetables
Peach Crisp
1% Milk
Butter

Monday Apr 27

Mains: Chicken Skillet

Sides: Rice
Peppers and Onions
Fruit Cup
1% Milk
Butter
Whole Grain Bread
Chocolate Pudding

Tuesday Apr 28

Mains: French Onion Cheese Burger

Sides: Sweet Potato Fries
Coleslaw
Assorted 100% Fruit Juice
1% Milk
Whole Grain Bread

Wednesday Apr 29

Mains: Butter Chicken

Sides: Raisin Rice
Corn and Broccoli
Fresh Pear
1% Milk
Butter
Whole Grain Bread

Thursday Apr 30

Mains: Stuffed Pasta with Bolognese Sauce

Sides: Green Beans
Apple Crisp
1% Milk
Butter
Dinner Roll

Friday May 1

Mains: Baked Breaded Fish in Garlic Sauce

Sides: Pasta with Sauce
Peas and Carrots
Assorted Fresh Fruit Choice
1% Milk
Dinner Roll
Butter
Sugar Cookie