Galveston County,TX
Cycle 1, 2018 Final Menu
March

Thursday 3/1/2018	Friday 3/2/2018
Chicken Breast with Gravy	**Lent**
Macaroni and Cheese	Fish Gumbo
Glazed Carrots	Black-Eyed Peas
Wheat Bread	Cabbage
Gingerbread Cookie	Texas Bread
Milk	Chocolate Chip Pudding~
Diet - Same	Milk
	Diet - Chocolate Pudding

Monday 3/5/2018	Tuesday 3/6/2018	Wednesday 3/7/2018	Thursday 3/8/2018	Friday 3/9/2018
Lemon Chicken	Spanish Beef Patty	Glazed Ham+	Beef Stew	**Lent**
Parslied Penne Pasta	Pinto Beans	Lima Beans	Dirty Rice	Spaghetti Torte~
Italian Vegetables	Cauliflower	Mixed Greens	Green Beans	Broccoli
Whole Wheat Breadstick	Wheat Bread	Cornbread	Saltine Crackers	Parslied Carrots
Fresh Fruit	Oatmeal Cream Cookie	Fresh Fruit	Vanilla Pudding	Whole Wheat Breadstick
Milk	Milk	Milk	Milk	Fresh Fruit
Diet - Same	Diet - Same	Margarine	Diet - Vanilla Pudding	Milk
		Diet - Same		Diet - Same

Monday 3/12/2018	Tuesday 3/13/2018	Wednesday 3/14/2018	Thursday 3/15/2018	Friday 3/16/2018
Swiss Steak	Smoked Sausage*	Beef Taco	Rosemary Pork Patty+	**Lent**
Garlic Whipped Potatoes	Baked Beans	Whole Kernel Corn	Confetti Rice	Tuna Salad
Catalina Vegetables	Dilled Carrots	Fiesta Vegetables	Broccoli	Green Pea Salad
Wheat Bread	Hot Dog Bun	Flour Tortilla	Wheat Bread	Cold Pickled Beets~
Fresh Fruit	Fresh Fruit	Fresh Banana	Chocolate Cake	Saltine Crackers
Milk	Milk	Milk	White Frosting	Fudge Cream Cookie
Diet - Same	Mustard	Taco Sauce	Milk	Milk
	Diet - Same	Diet - Same	Diet - Cake	Diet - Same

Monday 3/19/2018	Tuesday 3/20/2018	Wednesday 3/21/2018	Thursday 3/22/2018	Friday 3/23/2018
BBQ Chicken Meatballs	Meatloaf	Turkey Gumbo*	Hamburger Patty	**Lent**
Chuckwagon Corn	Brown Gravy	Cajun Rice	Shredded Lettuce/Pickles	Breaded Fish
Italian Green Beans	Twice Whipped Potatoes	Spinach	Ranch Beans	Chuckwagon Corn
Texas Bread	Mixed Vegetables	Cornbread	Hamburger Bun	Catalina Vegetables
Fresh Fruit	Wheat Roll	Fresh Fruit	Apple Cobbler	Hamburger Bun
Milk	Butterscotch Pudding	Milk	Milk	Fresh Fruit
Diet - Same	Milk	Margarine	Mustard and Ketchup	Milk
	Diet - Vanilla Pudding	Diet - Same	Diet - Hot Spiced Apples	Tartar Sauce
				Diet - Same

Monday 3/26/2018	Tuesday 3/27/2018	Wednesday 3/28/2018	Thursday 3/29/2018	Friday 3/30/2018
Salisbury Beef	Parmesan Chicken Breast	10 Grain Pollock	**Easter**	
Onion Gravy	Penne Pasta Pomodoro~	Green Beans	Pineapple Glazed Ham	
Whipped Potatoes	Broccoli	Sliced Carrots	Mashed Spiced Yams	
Spring Vegetables	Dinner Roll	Wheat Bread	Mixed Vegetables	**Closed for Holiday**
Wheat Roll	Oatmeal Cream Cookie	Fresh Banana	Dinner Roll	
Fresh Fruit	Milk	Milk	Coconut Pudding~	
Milk	Diet - Same	Diet - Same	Milk	
Diet - Same			Diet - Vanilla Pudding	

*- Turkey
+ - Pork
~ - New Menu Item

Sarah Hutsler, RD, LD

Sarah Hutsler, RD, LD #DT81463

Galveston County, TX Congregate
Cycle 2, 2018 Final Menu
April

Monday 4/2/2018	Tuesday 4/3/2018	Wednesday 4/4/2018	Thursday 4/5/2018	Friday 4/6/2018
Alfredo Chicken Meatballs	Creole Beef	Baked Turkey Pastrami*~	Beef Spaghetti Casserole	Chicken Breast with Gravy
Parslied Penne Pasta	Cheesy Garlic Polenta~	Lima Beans	Brussels Sprouts	Mashed Spiced Yams
Squash Medley	Mixed Vegetables	Okra and Tomatoes	Glazed Carrots	Green Beans
Whole Wheat Breadstick	Wheat Bread	Cornbread	Wheat Bread	Dinner Roll
Fresh Fruit	Pineapple Upside Down Cake	Fresh Banana	Oatmeal Cream Cookie	Fresh Fruit
Milk	Milk	Milk	Milk	Milk
Diet - Same	Diet - Cake	Margarine	Diet - Same	Diet - Same
		Diet - Same		

Monday 4/9/2018	Tuesday 4/10/2018	Wednesday 4/11/2018	Thursday 4/12/2018	Friday 4/13/2018
Orange Diced Chicken	Beef Taco	Sliced Turkey Breast*	Salisbury Beef	Chicken Chili
Fried Rice	Whole Kernel Corn	Swiss Cheese	Mushroom Gravy	Parslied Rice
Japanese Vegetables	Country Tomatoes	Potato Salad	Oven Roasted Potatoes	Sliced Carrots
Dinner Roll	Flour Tortilla	Cold Pickled Beets~	Green Beans	Cornbread
Fresh Fruit	Gingerbread Cookie	Wheat Bread (2)	Wheat Bread	Fresh Fruit
Milk	Milk	Fresh Banana	Mud Pie Pudding	Milk
Diet - Same	Taco Sauce	Milk	Milk	Margarine
	Diet - Same	Mustard	Diet - Chocolate Pudding	Diet - Same
		Diet - Same		

Monday 4/16/2018	Tuesday 4/17/2018	Wednesday 4/18/2018	Thursday 4/19/2018	Friday 4/20/2018
Swiss Steak	Turkey Breast with Gravy*	Hamburger Patty	Onion Chicken~	Pork Carnitas+~
Whipped Potatoes	Cornbread Dressing	Shredded Lettuce/Pickles	Black-Eyed Peas	Mexican Rice
Capri Vegetables	Catalina Vegetables	Ranch Beans	Mixed Greens	Sliced Carrots
Wheat Bread	Dinner Roll	Hamburger Bun	Dinner Roll	Flour Tortilla
Fresh Fruit	Cranberry Sauce	Apple Crisp	Yellow Cake	Oatmeal Cream Cookie
Milk	Milk	Milk	Chocolate Frosing	Milk
Diet - Same		Mustard and Ketchup	Milk	Taco Sauce
		Diet - Hot Spiced Apples	Margarine	Diet - Same
			Diet - Cake	

Monday 4/23/2018	Tuesday 4/24/2018	Wednesday 4/25/2018	Thursday 4/26/2018	Friday 4/27/2018
Chicken Piccata~	Sloppy Joe	Grilled Pork Patty+	Turkey Tetrazzini*	Lemon Pepper Fish
Garlic Whipped Potatoes	Carrot Raisin Salad	Mushroom Gravy	Green Beans	Rice Pilaf~
Mixed Vegetables	Baked Beans	Chuckwagon Corn	Country Tomatoes	Garden Vegetables
Wheat Bread	Hamburger Bun	Diced Beets	Texas Bread	Wheat Bread
Fresh Fruit	Peach Cobbler	Wheat Roll	Fudge Cream Cookie	Fresh Fruit
Milk	Milk	Fresh Fruit	Milk	Milk
Diet - Same	Diet - Hot Spiced Peaches	Milk	Diet - Same	Diet - Same
		Diet - Same		

Monday 4/30/2018
Beef Pepper Steak
Brown Gravy
Parslied Rice
Broccoli
Wheat Roll
Fresh Fruit
Milk
Diet - Same

*- Turkey

+ - Pork

~ - New Menu Item

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